

# 2023 Rocky Mountain Gasshuku Schedule

Oct. 6-8, 2023 Louisville, CO.

## Friday Oct. 6, 2023

2:00- 5:00 p.m. IMA head instructors meeting (Full Gi)  
6:30- 8:00 p.m. Training for all groups

## Saturday Oct. 7, 2023

8:30am Meeting at the IMA Dojo

9:00-10:00 am Beg/Nov training @ dojo  
9:00-10:15 am Int./Adv. @ LMS (across dojo)

10:30-11:30 am Beg/Nov. training @ dojo  
10:30-11:45 am Int./Adv. Training @ LMS

12:00pm Group picture

12:15-2:00 pm Lunch break

2:15pm-3:15pm Beg./Nov. Training @ dojo  
2:15pm-3:30 pm Int./Adv. Training @ LMS

6:30-9:00 pm Black Belt Extravaganza  
Dinner Potluck

## Sunday Oct. 8, 2023

9:00 –10:00 a.m. Kata agility training  
10:00 – 11:00 a.m. Kumite agility training