

Water Oak Aikikai's 2019 O-Shogatsu (New Year's Celebration)

January 5, 2019 10:00 am – Noon

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| Greetings | Welcome and greeting of guests |
| Meditation | We will take a few minutes to remember the past year and contemplate the coming year. |
| 1000 Sword Cuts | We will perform 1000 sword cuts to prepare ourselves for the rigors of the new year. |
| Aikido Practice | We will celebrate the beginning of a new year with a vigorous practice. |

For complete information <http://aikikai.water-oak.net>

