

Hakko  
Densho  
Ryu  
Martial  
Arts  
Federation



The HMAF was founded in 1974 by Dai Shihan Dennis Palumbo for the purpose of promoting the teachings of Hakko Densho Ryu Jujutsu.

More information  
schedule details  
Registration &  
downloadable flyers:

HakkoDenshoRyu.com

# 2019 HMAF East Coast Gasshuku

Virginia Martial Arts Center - September 25-29, 2019

3325 Taylor Rd Ste 102, Chesapeake, VA



Gasshuku instruction is led by Dara Masi, Director of HMAF  
joined by HMAF Shihans,  
Shihan Melanie Fine and Shihan David Vann.

GUEST INSTRUCTOR  
- Hanshi Darren Myers



## Schedule

9/25 Wed 6:00 pm - 9:00 pm: Shiatsu  
9/26 Thurs 6:00 pm - 9:00 pm: Shiatsu  
9/27 Frid 6:00 pm - 9:00 pm: Shiatsu

## 9/28 Saturday

10:00am-12:00pm: Shiatsu/Jujutsu  
2:00 pm - 5:00 pm: Jujutsu  
5:30 pm: Dinner

## 9/29 Sunday

10:00 am - 1:00 pm: Jujutsu

## Pricing

**Shiatsu** \$200 members | \$250 non-members  
(Includes workbook, all training, testing, certification.)

**Weekend Package** \$100 members | \$135 non-members  
(Includes training, t-shirt, Yudansha training for black belts. Meals not included.)

**Saturday Only** \$80 members | \$100 non-members  
**Sunday Only** \$40 members | \$60 non-members