

The December Aikido Seminar 2019



JORMA LYL, STEFAN STENUDD, JAN NEVELIUS

Friday 29 November

18.30-19.20 aikido
19.30-20.10 aikido
20.20-21.00 aikido

Saturday 30 November

11.00-12.00 bokken/jo
12.30-13.30 aikido
13.45-14.45 aikido
15.00-16.15 dan grading
18.00- dinner

Sunday 1 December

11.00-11.45 aikido
11.55-12.40 aikido
12.50-13.35 aikido

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Fee: SEK 500, or SEK 300/day.



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