



### Friday 2 December

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

### Saturday 3 December

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 4 December

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

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[www.facebook.com/groups/enighet.aikido/](https://www.facebook.com/groups/enighet.aikido/)

[www.aikidoenighet.se](http://www.aikidoenighet.se)

Fee: SEK 500, or SEK 300/day.

# The December Aikido Seminar 2022

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