

# The December Aikido Seminar 2023

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Fee: SEK 500, or SEK 300/day.



## Friday 1 December

18.30-19.20 aikido

19.30-20.10 aikido

20.20-21.00 aikido

## Saturday 2 December

11.00-12.00 bokken/jo

12.30-13.30 aikido

13.45-14.45 aikido

15.00-16.15 dan grading

dinner

## Sunday 3 December

11.00-11.45 aikido

11.55-12.40 aikido

12.50-13.35 aikido

