

# The December Aikido Seminar 2024

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Fee: SEK 600, or SEK 300/day.

## 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

