

AIKIDO

NEW YEAR SEMINAR IN GLADSAXE FRIDAY & SATURDAY JANURAY 15. & 16. 2016

**Schedule:**

Friday 19-21
Saturday 10-16

Please bring t-shirt for Kenkodo.

Apx. 1 hour is for examinations.

Saturday there is 1 hour for lunch.

There will be coffee / tea + some fruit,
Please bring your own lunch
to eat in the dojo.

Instructor:

Michael Holm

Place:

Gladsaxe Sportshal
Vandtårnsvej 55
Aikido dojo (in basement)

Pris:

Fredag 100 kr. lørdag 200 kr.

Coziness & sushi at Derek's place after keiko
More info separate poster :)

Registration:

michael@toitsu.dk