

Seminar with

BOB NASH

Köping 12-13 december, 2009



Svenska Wado Ryu
Karate Do

Köpings Karateklubb



Schedule

Sat 10.00-12.00, Kihon

13.00-14.45, Pinan Jon/Go

15.00-16.30, Kihongumite

19.30 Dinner at Hotel Scheele (250:-)

Sun 10.00-12.00, Kata

13.00-14.45, Kihongumite

15.00-16.30, Tantodori