

Dear Wado clubs!

Rødovre Karateskole has the pleasure of inviting you all to a seminar with Bob Nash, **7. dan Wadokai**.

About Bob Nash

Well, you all know him – but basically you'll find yourself with a variety of methods for improving your techniques once you have trained with Bob. One great advantage is Bob's fluency in both English and Japanese.

If you have the opportunity, we do hope you'll all join us the weekend of September 24th-25th 2016 in Denmark.

Training programme: Kihon, kata, and (kihon)-kumite.

Location: Rødovre School, Rødovrevej 139, 2610 Rødovre, Denmark. Rødovre is in the vicinity of Copenhagen. It is free to sleepover at the school – just bring your sleeping bag, etc. If you want to stay in a hotel, please contact us. We will help you the best we can.

Training schedule:

Saturday: 10:00 – 16:00 Sunday: 10:00 – 15:00

Meals: Breakfast 8:00 am, dinner 6:00 pm. Lunch between 12:00 am and 1:00 pm.

Participants: Everyone who hold at least 5. kyu. Maximum participants are 50, and black belts will have priority.

Fee: 600 DKR (approx. 80 €) which can be paid using PayPal, kontakt@roedovrekarateskole.dk or transferred to our bank account:

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|--------------------|---|
| Name: | Rødovre Karate Skole, c/o Torsten Land Daugaard |
| Address: | Skovløbervej 4, 1.th. |
| ZIP & City: | 2400 København NV |
| IBAN: | DK8430000008953031 |
| SWIFT address/BIC: | DABADKKK |

The fee includes instruction, accommodation and meals (dinner Saturday + Sunday, breakfast Sunday, and lunch Saturday + Sunday). All food will be prepared from organic/ecological goods and all meat will be halal.

Application: Please use the attached Excel sheet, and e-mail it to torsten@roedovrekarateskole.dk by September 16th.

In these environmentally conscious times, we ask you to fill in which meals you intend to participate in. A little laborious, but in the name of a fine cause, as we do not like to throw away food 😊

If you have any questions, please feel free to contact Torsten Daugaard, by email torsten@roedovrekarateskole.dk or by phone +45 60 16 92 68.

With our best regards

Rødovre Karateskole