

Dear Wado clubs!

Rødovre Karateskole has the pleasure of inviting you all to a seminar with Bob Nash, **7. dan Wadokai**. Bob is a student of Takagi Sensei, and Bob will explain the essentials of Wado in a way that will equip you with a range of methods for improving your techniques. You will find yourself with a new understanding of Wado – but also with a lot of questions that will make you want more.

If you have the opportunity, we do hope you'll all join us the weekend of **September 22th-24th 2017** 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.

Nearest hotels: [Scandic Glostrup](#) and [Glostrup Park Hotel](#) – it is possible to get to the dojo by bus or taxi.

Training schedule:

Friday: 18:00 – 21:00

Saturday: 10:00 – 15:00

Sunday: 10:00 – 15:00

The training session on Friday is primarily for new students – there will be a review of the concepts taught by Bob in order for everyone to benefit from the seminar. On Saturday and Sunday, focus will turn towards returning students.

Meals: Breakfast 8:00 am; dinner 5:30 pm. Lunch between 12:00 am and 1:00 pm. There will be no dinner Friday night.

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

Fee: 600 DKR (approx. 70 €) which can be paid using PayPal, kontakt@roedovrekarateskole.dk or transferred to our bank account:

Name:	Rødovre Karateskole, c/o Torsten Land Daugaard
Address:	Knabstrupvej 42
ZIP & City:	2700 Brønshøj
IBAN:	DK843000008953031
SWIFT address/BIC:	DABADKKK

The fee includes instruction, accommodation and meals (dinner Saturday, breakfast Saturday + 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 15th.

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 47 06 39.

With our best regards

Rødovre Karateskole