



Östersund, 14-15 December 2024

Greetings from Sweden!

Finishing off 2024 in the best way possible;
a weekend seminar with Menkyo Kaiden Michael Söderkvist!

Participating were some of the local students, as well as Anders from Umeå, Sweden (370kms) and even Magdalene who came all the way from Odense, Denmark (1 220kms). A huge shout-out to her ambition!

Regarding jo, we covered kihon, did some nicely structured uchikomi as well as some kata.

There was also time to have a look at the Shinto Ryu kenjutsu, both when it comes to kihon and kata.

See you again soon!

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*Tim Torfjäll
Östersunds Budokai*