

During December 16th and 17th we were having a small seminar in Östersund, Sweden, with participants from both of the SMR groups in Sweden as well as the fairly fresh group in Denmark.

The leader of this gasshuku was Menkyo Kaiden Michael Söderkvist.

On Saturday 16 we started off with some kihon and uchikome and moved on to go through the Omote kata-series.

On Sunday 17 we split up the group and did some Chudan kata-series with half of the group and Kage kata-series with the rest.

The seminar ended with shinza where Alvin Berglund from Östersund (SWE) passed his 5th kyu exam and Linn Berglund from Umeå (SWE) passed her 4th kyu exam.

