

Danish Spring Seminar 2023

In May, Michael Söderkvist visited again to ensure progress in the Danish group. The Vissenbjerg Town Sportshall framed this event for the regulars of our dojo.

At this seminar, Michael chose to continue building kihon tandoku and sotai, and we made it through Omote as well. We are a close-knit group that practices regularly and enthusiastically embraces all the details and explanations that come up in practice and over our meals.



The weekend seemed all too short, but as always we learned a lot to work on until the Summer Camp and Michael's next visit after that.