

RESTART OF KEIKO IN SWEDEN, 31 of July-2 of August

After a kind of lockdown we basically stopped practicing from middle of March. Even if sport activity opened in mid June we waited to the first weekend in August to get started again.

Very much encouraged by our President Barbara call to try and organize local/national summer seminars as the EJF Summer Gashukku had to be postponed to 2021. Our sub group in Umeå participated as well.



We started on Friday to get used with the jo again. Kihon and uchi komi was on focus. Saturday gave us time to go over Omote and Chudan. The day ended with an hour of Iaido. Sunday was given to our more advanced participants and we gave Ranai and Kage a chance. Really good to get moving at last.