



Summer Training non-scheduled training

Scan the QR code below if you are interested in training during the summer during non-scheduled training. Open mat for those who want to practice uchikomi, Newasa or Kata. The training is not supervised, but knowledge and responsibility are always present. From 12 years and up.

In the chat, we ask if we are interested in training, we then decide the time and place. Djupån or Skarpnäck. We learn from each other and have fun!!! The club with heart ❤️



Summer training/Kata/Newasa m.m
WhatsApp-grupp



QR-koden för den här gruppen är privat. Om den delas med någon kan de skanna den med deras WhatsApp-kamera för att gå med i den här gruppen.

