



helsinki FINLAND

6.4.2019



SEITOKAI

.NET

TIAGO PEDROSO (4th DAN)
FINLAND NATIONAL COACH

SEASON SEMINAR & GRADING

VENUE: SEITOKAI Hombu Dojo

Mekaanikonkatu 3b, 00880 Helsinki - Finland



10:00-12:00

Fundamentals: all students.

1 SESSION - €15

Group picture

ALL SESSIONS - €25

12:30-14:00

Kata: Söchin

PAY IN CASH AT THE DAY,

14:00-15:30

Kumite

OR MOBILE PAY: 040 364 7540



15:30-17:00

Introduction to classical Yoga

Connect with your breathing, movement and consciousness, while practicing basic balance, coordination, strength exercises and opening hip joints. Soft strengthening practice for all muscle groups.



18:00-20:00

Belt examinations

Students must have the minimum credits required as well as time of practice. For students taking part in the examinations, this training camp is mandatory. Bring karate-pass for markings. Examination fee - €30, paid in cash at the day.

