

# **Kashima no Tachi Seminar with Adam Radecki sensei**



## **Report of Contributions**

Contribution ID: 1

Type: **not specified**

## **Dojo preparation**

*Saturday 21 October 2017 09:00 (1 hour)*

Contribution ID: 2

Type: **not specified**

## Morning practice

*Saturday 21 October 2017 10:00 (2 hours)*

Contribution ID: 3

Type: **not specified**

## Afternoon practice

*Saturday 21 October 2017 15:00 (2h 30m)*

Contribution ID: 4

Type: **not specified**

## Dojo cleaning

*Saturday 21 October 2017 17:30 (30 minutes)*

Contribution ID: 5

Type: **not specified**

## Dojo preparation

*Sunday 22 October 2017 09:30 (30 minutes)*

Contribution ID: 6

Type: **not specified**

## Morning practice

*Sunday 22 October 2017 10:00 (2h 30m)*

Contribution ID: 7

Type: **not specified**

## Dojo cleaning

*Sunday 22 October 2017 12:30 (30 minutes)*