

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



## **Report of Contributions**

Contribution ID: 1

Type: **not specified**

## Dojo preparation

*Saturday 17 November 2018 09:00 (1 hour)*

Contribution ID: 2

Type: **not specified**

## **Morning practice**

*Saturday 17 November 2018 10:00 (2 hours)*

Contribution ID: 3

Type: **not specified**

## Afternoon practice

*Saturday 17 November 2018 15:00 (2h 30m)*

Contribution ID: 4

Type: **not specified**

## Dojo cleaning

*Saturday 17 November 2018 17:30 (30 minutes)*

Contribution ID: 5

Type: **not specified**

## Dojo preparation

*Sunday 18 November 2018 09:30 (30 minutes)*

Contribution ID: 6

Type: **not specified**

## Morning practice

*Sunday 18 November 2018 10:00 (2h 30m)*

Contribution ID: 7

Type: **not specified**

## Dojo cleaning

*Sunday 18 November 2018 12:30 (30 minutes)*