

**EUROPEAN  
BLACK BELT  
SEMINAR**

**SWEDEN  
2019  
3-5 MAY**

ITOSU-RYU



ITOSU-RYU

MADE IN JAPAN  
MADE IN USA

# EUROPEAN BLACK BELT SEMINAR

**3-5TH OF MAY**, The Swedish branch of Itosu-kai will organize a black belt seminar in Stockholm with Soke Saadaki Sakagami as instructor and guest of honour.

It is a unique opportunity for everyone within the Itosu-Kai organization to practice with the chief instructor and master of our style.

It is also a great occasion to make new friends and have a good time together.

## PROGRAM

### FRIDAY MAY 3

Morning	Arrival
12:00	Welcome Lunch
Afternoon	Training, break with snacks
19:00	Dinner

### SATURDAY MAY 4

08:00	Breakfast
Morning	Training, break with snacks
12:00	Lunch
Afternoon	Training, break with snacks
19:00	Welcome party

### SUNDAY MAY 5

08:00	Breakfast
Morning	Training, break with snacks
12:00	Lunch
13:00	Time to say goodbye

### PRICE INCLUDES:

European Black Belt Seminar 3-5 May, accomodation, breakfast, lunch, snack between meals, dinner, evening tea/coffee and Welcome Party (drinks not included).

**CHOOSE ACCOMMODATION:** (= one person, two nights)  
Standard accomodation (share tripple room) = 200 Euro  
Hotel accomodation double room = 275 Euro  
Hotel accomodation single room = 360 Euro

Extra 20% charge when payment after March 1, 2019.

Please sign up at:  
[www.itosukai.se/blackbeltseminar](http://www.itosukai.se/blackbeltseminar)



## BOSÖN

*Bosön is a training centre developed for sports and frequently used by all our National Teams.*

*It is beautifully located in the archipelago, only 15 minutes away from the city center of Stockholm.*

