

# H Aidong Gumdo - Autumn 2022 Workshops

## Place

Helsinki, Treenipaja, Seitokai Karate-dojo (Mekaanikonkatu 3b)

Mikkeli, Kamppailuareena (Suur-Savonkatu 1-3)

## Time

22.10.2022 Helsinki

26.11.2022 Mikkeli

### 22.10.2022 Helsinki

### Focus and sparring techniques

Time	Event	Additional info
<b>13:30</b>	<b>Seminar preparations</b>	<b>Everybody onsite</b>
13:30	Seminar Preparation	Dojang Flags onsite, planning
13:50	Participants ready	Doboks on everybody
<b>14:00</b>	<b>Seminar Part 1</b>	<b>Black belts / instructors</b>
	theme	Black belt session and instructor education
15:25	Break	
15:30	Participants ready	Back to formation
<b>15:30</b>	<b>Seminar Part 2</b>	<b>Black belts / instructors</b>
	theme	instructor education
16:15	Break	"coffee break"
16:25	Participants ready	Back to formation
<b>16:30</b>	<b>Seminar Part 3</b>	<b>All participants, yellow-black belt</b>
	theme	General session
17:50	Part 3 ends	
17:50	Break	Group Picture
18:00	Participants ready	
<b>18:00</b>	<b>Meeting</b>	<b>FIHGA annual meeting</b>
19:00	Meeting ends	
19:00	Seminar ends	

### 26.11.2022 Mikkeli

### Cutting techniques

Time	Event	Additional info
<b>13:30</b>	<b>Seminar preparations</b>	<b>Everybody onsite</b>
13:30	Seminar Preparation	Dojang Flags onsite, planning
13:50	Participants ready	Doboks on everybody
<b>14:00</b>	<b>Seminar Part 1</b>	<b>Black belts / instructors</b>
	theme	Bamboo cutting
15:50	clean up	
16:00	Break	"coffee break"
16:15	Participants ready	Back to formation
<b>16:15</b>	<b>Seminar Part 2</b>	<b>All participants, white-black belt</b>
	theme	General session, Paper cutting
17:55	clean up	
17:59	Group Picture	
18:00	Seminar ends	