

# Suomen Taidoliitto ry

## Finnish Taido Association

### 30th Anniversary

## Program

### Friday 30<sup>th</sup> September

- 18 – 19                      Welcome words by Jukka Kirsi & Jari Tuominen
- 19 – 20.30                  Memory training by Jari Tuominen & Jukka Kirsi

### Saturday 1<sup>st</sup> October

- 10 – 11.30                  Training by Jari Tuominen  
Combination seigyoo
- 11.30 – 12.30              Lunch
- 12.30 – 13.30              Lecture by Lars Larm  
The history of Finnish Taido from a Japanese perspective
- 13.30 – 15.30              Training by Mikael Jansson  
How to use various types of zuki effectively
- 16.30 – 18                  Training by Lars Larm  
How to improve your hokei
- 20 -                              Banquette at Sokos Hotel Lahden Seurahuone

### Sunday 2nd October

- 10 – 11.30                  Lecture + training by Lars Larm  
Dootaishiryoku (Dynamic Vision)
- 11.30 – 13                      Training by Mikael Jansson  
Swedish specialities
- 13 – 14                        Lunch
- 14 – 16                        Training by Mikael Jansson and Jari Tuominen  
Sweden vs. Finland

🌀 Welcome! 🌀