



INVITES TO SEMINAR  
22-24 OCTOBER 2010

WITH  
FRANK OSTOFF 5. DAN

**FRIDAY 22/10:**

19.00 - 21.00

**SATURDAY 23/10**

10.00 - 12.00

Lunch Break

15.00 - 17.30 Jo

Evening : social event

**SUNDAY 24/10**

10.00 - 11.30

Short break with fresh fruits.

12.00 - 14.00 Jo

Jo: there will be some Jo exercises in the end of class.

**Place:**

Skjold sports arena (skjoldhallen).

Right by Grinde elementary school.

5570 Aksdal.

10 minutes before Haugesund if you are travelling by bus or car from Oslo.

**Prices:**

kr 200,- per session

kr 500.- full seminar

Visitors from the east and north of Norway and abroad, as well as participants below 18 years

kr 400,- full seminar.

kr 150,- per session.

**Accommodation:**

Please tell us if you are coming.

Some private accommodation, please reserve early. Or you can also sleep for free in the dojo. (bring sleeping bag and mat).

Please bring your Jo.

**Contact:**

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