



Bob Nash 7th Dan

Bob Nash has been teaching Wado karate for the past twenty years in different parts of the world. He is from Tokyo and currently holds a 7th dan from the JKF Wadokai and the USA National Karatedo Federation.

Bob Nash firmly believes that in order to understand the genius of Ohtsuka Sensei the first thing the Wado student must do is have a firm grasp of the kihon (fundamentals) of Wado.

Without an understanding of kihon the student cannot engage in correct movement. Without correct movement the techniques of Ohtsuka Sensei can never be understood in its proper context. Much of the seminar will be spent on teaching correct kihon, body movement and theory of Wado.

Everything we take for granted in Wado will be reexamined from a martial perspective. Many people give the analogy that Bob Nash's seminars are comparable to graduate studies in Wado. A simple technique like junzuki is taught not as a technique for kyu students but taught at a level that must be understood by higher dan grades. All kihon, kata and kihon kumite are reexamined and reevaluated at a higher technical level.

The techniques of Wado are endlessly deep and he is certain that by the end of the seminar the participant will have a new appreciation for the depth and genius of Hironori Ohtsuka, the founder of Wado.

WADORYU KARATE COURSE SWEDEN

Day	Date	Time	Dojo	Fee
Friday	March 2	18:00 - 21:00	Stockholm	200 SEK
Saturday	March 3	12:00 - 17:00	Stockholm	200 SEK
Sunday	March 4	10:00 - 15:00	Stockholm	200 SEK

If you attend to all days the fee is 500 SEK

This training course is open to anyone that has trained karate for two years or more.

[Map to Dojo – Klick here](#)

Friday **20:00 – 21:00 reserved for 4 Kyu - Dan**
Saturday **15:00 – 17:00 reserved for 4 Kyu - Dan**
Sunday **13:00 – 15:00 reserved for 4 Kyu - Dan**

In order to attend to the course you need to register by clicking the link below.

[To the registration](#)

For recommended hotel email Lotta Keto
kelotta1@gmail.com

Welcome!

