



# KARATE - WADO RYU

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A recommended exercise for both children and adults.  
**Sign up for Try it out during week 3-4!**

Do you want to learn a style of karate that combines traditional techniques with modern self-defense? Then Wado Ryu is for you! Wado Ryu focuses on creating harmony between body and mind. With fast, effective movements and techniques from both karate and jujutsu, you'll learn to dodge attacks and use your opponent's power to your advantage.

## Why choose Wado Ryu Karate?

- ✓ **Effective techniques:** You'll learn quick and smooth movements that will make you ready for any situation.
- ✓ **Self-Defense:** Integrated jujutsu techniques such as throws and locks give you a complete self-defense system.
- ✓ **Mental and physical harmony:** Train both body and mind to achieve balance and harmony.



Come and try a lesson with us, whether you are completely new or have previous experience, you are warmly welcome. A T-shirt, sweatpants and water bottle are all you need. Take the first step towards becoming part of our Wado Ryu family today!

Do you have any questions or want to know more? Feel free to contact us!

## Training times Try it out:

**Tuesdays 17:30–19:00**

(We start at 17.30 but please come 15min earlier to change, for Q&A and get more detailed info)

## Place:

**Ericssons Sporthall, Lindholmspiren 11.**



You can find more information about us on [www.kemwadojo.nu](http://www.kemwadojo.nu) or [www.wadoryu.se](http://www.wadoryu.se). You are also welcome to contact Sempai Dmitri Kulginov 2-DAN (instructor): 0709-875181 [dmitri.kulginov@ericsson.com](mailto:dmitri.kulginov@ericsson.com) or Sensei Luan Krasniqi 7-DAN (chief instructor): [luan.k.se@gmail.com](mailto:luan.k.se@gmail.com)