

Friday September 19th			
	MON: Kids	KYU: Adults white-brown belts	DAN: Black belts
18.00-18.45	Alain Goshindo/ ju jitsu	Larry Ju jitsu	Ole Johan Ju jitsu
18.55-19.40	Ole Johan Ju jitsu	Alain Goshindo/ ju jitsu	Larry Ju jitsu
19.50-2035	-	Markus Severin Ju jitsu	Alain Goshindo/ ju jitsu
Saturday September 20th			
	MON: Kids	KYU: Adults white-brown belts	DAN: Black belts
11.00-11.15	Information and presentation of instructors		
11.15-12.00	Larry Ju jitsu	Ole Johan Ju jitsu	Alain Goshindo/ ju jitsu
12.10-12.55	Alain Goshindo/ ju jitsu	Larry Ju jitsu	Ole Johan Ju jitsu
12.55-14.00	Group photo and lunch		
14.00-14.45	Larry Ju jitsu	Ole Johan Ju jitsu	Leif Gunnar, Sigbjørn og Øyvind Ju jitsu
14.55-15.40	Ole Johan Ju jitsu	Alain Goshindo/ ju jitsu	Larry Ju jitsu
15.50-16.35	-	Larry Ju jitsu	Alain Goshindo/ ju jitsu
Sunday September 21st			
11.00-11.10	Lineup and information		
	MON: Kids	KYU: Adults white-brown belts	DAN: Black belts
11.10-11.55	Ole Johan Ju jitsu	Alain Goshindo/ ju jitsu	Larry Self-defense
12.05-12.50	Alain Goshindo/ ju jitsu	Ole Johan Ju jitsu	Larry Self-defense
12.50-13.30	Lunch		
13.30-14.15	Jostein og Hans Erik Ju jitsu	Alain Goshindo/ ju jitsu	Ole Johan Ju jitsu
14.25-15.10	-	Larry Ju jitsu	Alain Goshindo stick fighting
15.10-15.20	Good-byes: See You All Next Year!		