

SEMINAR IN SWEDEN

On the weekend of December 13–14, 2025, **Östersunds Budo Kai** hosted a Shinto Muso-ryu (SMR) seminar in Östersund. The seminar was led by **Michael Söderkvist, Menkyokaiden**. It has become a tradition to hold this event in mid-December, near the St. Lucia Day celebrations, serving as a wonderful conclusion to the semester before the Christmas holidays. This time we were happy to welcome participants from both Denmark and Finland.



After the initial basic training, it was decided that the main theme of the weekend would be the concept of **Ki-Ken-Tai-Ichi** (unity between spirit, sword and body). That is something we all need to observe. The curriculum included **Kihon** for all participants, integrated with **Uchikomi** drills. Based on previous experience, the Uchikomi exercises were varied to suit different levels. Both beginners and advanced practitioners were either able to learn a new **Kata** or refine the forms they had previously been introduced to. On Saturday evening, the group enjoyed a dinner together, which provided a great opportunity for socializing and recharging for the final day of training.

**For Östersunds Budo Kai,
Michael Söderkvist**