



The path to inner peace... Plan

Budo-Pfingstlehrgang Online 2021

30 years Budo-Club Harloff



Greeting and afterwards with.... Hands, feet & "things": **Filipino Combat System** - *Wilfried Harloff*

Taekwondo and the art of "warming up"
Serat Askin & Michael Hesse



Why not also French – **Savate** with
Gerhard Schmidt

Ju Jutsu – by hook or crook with
Stefan Marchlewski



Ju Jitsu – the soft way with
Dominik Schebach

Taekwondo – up close and personal with
Bruce Ham



Taekwondo – at the bottom & at the top with
Jo In-Yong und *Chang Jae-Hee*

Budo and the art of saying goodbye with
Wilfried Harloff und allen *Referenten*

