

# 金澤の棒

## Kanazawa No Bo

Kanazawa No Bo Dai & Kanazawa No Bo Sho

Sensei Seamus O'Dowd  
SKIF World Promotion Tour

Open Course in Karate Bo  
(Japanese quarter-staff)

Wrekin College Sports Hall  
Wellington, Shrops. TF1 3BH

Saturday 30th Jan 2010  
10.30 am - 1.30pm

[www.wrekinshotokan.com](http://www.wrekinshotokan.com)

[www.nintai-productions.com](http://www.nintai-productions.com)

