

Bilder fra tur til Afrika januar 2021, juli 22 og desember 22

Lira ITF Seminar 7-8 Jan 2021




Conducted by:
ITF Africa Development Team member Master Niklas Enander International Instructor VII Dan & A Umpire
Fundamental movements, Kicking, Dallyon, Sparring, Self-defense.

Lango Tae Kwon-Do Clubs headquarters Lira 9:30-16:00
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ITF Seminar & Grading Masindi Uganda



ITF Africa Development Team member
Master Niklas Enander VII Dan & A Umpire
Fundamental movements, Patterns,
Self defence, Sparring, Dallyon, Grading

Police Training School Kabalye Masindi
Contact: Okoda James 0783680247






VM i Finland arrangeres i år i Tampere, Finland fra 4-10 September 2023



Niklas Enander har lagt til 5 bilder og en video.

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After a well needed nap it was time for the Saturday Night Sports at Gugudde TV.
Robert Ojiambo and I was on an long live broadcast about ITF development in Uganda and Africa and the road ahead to the World Championships in Finland ❤️





Niklas Enander har lagt til 2 nye videoer. ...

Thanks all supporters for all the donation material that I was able to bring this time.
More than 70kg of material including 4 laptops and a scanner.
It really makes a difference ❤️



African Taekwon-Do Sponsoring
Niklas Enander · 11. august 2017 · Göteborg, Västra Götalands län, Sverige · 🌐

Lots of great material donated by Master Ray Nicolaisen from Norway

- 9 new Hup Doboks
- 5 new blackbelt Uebols
- 4 pair of foot protectors
- 5 pair of gloves and an extra to match from the first package
- 2 pairs of shin guards
- 1 pair of lower arm guards
- 1 focus pad
- 4 new white belts

Thank you very much
I have asked my friend Emma and her friends going to Uganda next week to bring some of it.
Some I will probably also bring to Gambia on my next trip there.



Sponsing fra Master Ray Nicolaisen i 2017 (en del av forsendelsen)