



Gary E Swift Kyoshi - IWF President  
International Wado Federation  
57 South Hill, Hooe, Devon. PL9 9PT. GB.

Phone: 01752-493210

E-mail: [garyswiftkyoshi@gmail.com](mailto:garyswiftkyoshi@gmail.com)

Website: [www.internationalwadofederation.co.uk](http://www.internationalwadofederation.co.uk)

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To all Members of the International Wado Federation Norway.

Firstly, I would like to say a big thank-you for inviting me, once again, to your dojo and beautiful country. Plus a big thank you to Kjartan Stornes Shihan for his kind letter; *your words are much appreciated and from the heart, you are a true friend.*

I would like to express my gratitude to you all, and also congratulate you in some of the best Wado I have seen in my life-time – *world-wide*. The etiquette and dedication demonstrated from every student is, as always, 1<sup>st</sup> class. Everyone performed perfectly and trained very hard with the techniques shown and the challenges of the training sessions each day.

Sensei Kjartan Stornes 6<sup>th</sup> Dan, is one of the most dedicated Wado-ka I have ever met, and has always his students best interests at heart, which is highly commendable.

As a member, and Ambassador, of the International Wado Federation he has become one of the most active and integral parts of the IWF. To say that he contributes his whole self to his Wado is an understatement; he is 'one of a kind'.

Once again, I would like to thank everyone at IWF-Norge for the



kindness and hospitality you have given me, and also to all those who accompany me during my visits. I wish you all well in your every pursuit, in both your Wado and life. Your contribution and membership to IWF does me great honour.

Kindest regards & best wishes,



Gary Swift (8th Dan) Kyoshi.

*President of the International Wado Federation.*