

MARCH SUPER SEMINAR

PRESENTATION OF THIS FLYER ALLOWS THE STUDENT ENTRY INTO MARCH 20 & 21 - 2010 THE FOLLOWING SEMINAR FOR THE WEEKEND OF SATURDAY

BASICS SEMINAR 2.00pm – 3.00pm – Improve speed & Power

KATA SEMINAR 3.30 – 4.30pm - Improve &/or learn a new kata
SUNDAY

SELF DEFENCE & KUMITE 2-3pm – Appreciate the art of Karate
GRADING ASSESSMENT 3.30 – 5pm – It could be you!

Each class is designed to improve your overall karate ability and knowledge and includes not only hands on tuition but demonstrations in both technique and practical application. Attend one or attend all four! – each class goes toward your next grade – all students demonstrating an improvement in overall ability and technique will receive a grading authorisation slip to attend the April grading.

£6 per lesson or £15 for all four. Family discounts apply.

VENUE: ROLLESTON JUNIOR SCHOOL, HILLSBOROUGH ROAD, LE2 9PT

All classes go toward your next grade. Don't forget your mits & pads. Beginner's welcome. All fees strictly non-refundable.

KARATE MANIA

Name _____

Dojo _____ Sensei _____

Name _____

No. Of classes _____ Fee Paid: £ _____ Date 20 & 21 / 10 / 20

Name _____

Grade _____

Sensei signed _____