

# Kata & Self Defence Seminar

**ON SUNDAY 25<sup>th</sup> April 2010**

**2PM – 4PM**

Join Sensei Ray Lambton and all of your Instructors for a Karate training session  
working on Kata and Self Defence

**VENUE: ROLLESTEON JUNIOR SCHOOL, HILLSBOROUGH ROAD, LE2 9PT**

**Pre-Paid Advanced Class Fees: £7 pp or £6 pp for 2 or more in the family.**

**Don't miss this one! Book early to secure your place at this event.**

Have your instructor sign this form and bring it with you on the day. *Beginners Welcome. All fees strictly non-refundable.*

Name \_\_\_\_\_

Dojo \_\_\_\_\_

Name \_\_\_\_\_

Date   22   /   4   / 2010

Name \_\_\_\_\_

Sensei signed \_\_\_\_\_

Fee Paid: £ \_\_\_\_\_