

Kata & Self Defence

Seminar

ON SUNDAY 31st January 2010

2PM – 4PM

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

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 ____ / ____ / 2010

Name _____

Sensei signed _____

Fee Paid: £ _____