



REGION 2 SUPER SEMINAR

With **SENSEI MARK LENDRUM** and the **REGION 2 INSTRUCTORS**

This is your opportunity to refine your grading basics & kata, work on bunkai and self defence and test your kumite skills in a minimum of 10-15 rounds of sparring. Don't miss out!

SUNDAY 23 SEPTEMBER 11am - 2pm
Cambridge Park High School
Harrow Rd, Cambridge Park

Cost: \$35pp ■ Training Passes (PTF) & Direct Debit apply
All grades welcome ■ Please bring all protective equipment with you



GKR KARATE
STRONG • HUMBLE • BRAVE



Region 2 Super Seminar ■ Pre-booked payment

Students Name:

Instructors Signature: Amount Paid:..... Date Paid:.....

Please note: this slip is to be completed and returned to your Instructor with your payment.
Seminar payments are strictly non-refundable.