



WOMEN'S ONLY SELF DEFENCE & EMPOWERMENT SEMINAR

With SENSEI LIESL BEHRENS & REGION 1 INSTRUCTORS

This ladies only seminar will focus on principles of generating power using your whole body and will include Self defence, Kumite and a slice of empowerment. Get ready to breakthrough any limitations that may be holding you back!

SUNDAY 11 NOVEMBER 11am - 1pm
Roseville Public School, Duntroon Ave, Roseville

Cost: \$15 per person ▪ Direct Debit and Training Passes (PTF) apply
Wives, daughters and friends are welcome to attend
Please arrive at least 15 minutes beforehand to register



GKRKARATE
STRONG • HUMBLE • BRAVE

Womens Only Self Defence & Empowerment Seminar ▪ Pre-booked

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.