



GO-KAN-RYU KARATE-DO

OLD BLACK BELT

CAMP 2019

Conducted by
Shihan Gavin Samin (Assistant Chief Instructor)

Join us for 12 hours of dedicated karate training that will take your karate to the next level. We will be covering principles of movement, kata technique and application, kumite drills and much more. Open to all GKR Karate Instructors and Brown/Black belt students (15 years plus).

**Friday 26th, Saturday 27th,
and Sunday 28th April 2019**

Gold Coast Recreation Centre
1525 Gold Coast Highway, Palm Beach

Friday - Check in from 5.00pm
Training 7.00pm - 9.00pm

Saturday - Training 9.00am - 12.00pm
Training 2.00pm - 5.00pm

Sunday - Training 9.00am - 1.00pm
Final Lunch 1.30pm then depart camp

Cost \$245pp

Includes all meals (from Saturday breakfast to Sunday lunch), Friday, Saturday and Sunday training, and accommodation for Friday and Saturday night. Please bring sleeping bag and pillow.

BLACK BELT CAMP TEE

Available in Small to 3XL

Tee's are available to order when you register by the 7th April 2019 and will be delivered to you at the camp. Tee's are not available to order if registering after the 7th April 2019.



Name: _____ D.O.B.: ____ / ____ / ____ Mobile Number: _____

Email: _____ Dietary Requirements: _____

T-Shirt Size: S M L XL 2XL 3XL I am not purchasing a T-shirt

PLEASE CHARGE MY CARD VISA MASTERCARD

Credit Card Number

Expiry Date

CVV

Name on Card: Signature: Amount: \$

Forms are to be completed and handed to your Instructor.
Registration closes **SUNDAY 14TH APRIL 2019**