



# WORLD CUP FUNDRAISING SEMINAR

WITH KANCHO ROBERT SULLIVAN (FOUNDER & CHIEF INSTRUCTOR),  
SENSEI PETER DURRANT (ZONE INSTRUCTOR) & SENSEI PAUL ADELE (REGIONAL INSTRUCTOR)

Join us for an action packed seminar taught by some of GKR Karate's most elite Instructors including our Founder and Chief Instructor Kancho Sullivan. This Seminar will cover Kihon, Kata & Kumite and all proceeds will go towards raising funds to support our Central Coast competitors who are competing at the GKR Karate World Cup in the UK this June!

**SATURDAY 4 MAY**

**Narara Valley High School, Fountains Rd, Narara**

**SESSION 1, WITH:  
KANCHO SULLIVAN  
10.30 -12.00**

**INTERMISSION  
SAUSAGE SIZZLE  
12.00 - 1.00**

**SESSION 2, WITH:  
SENSEI PETER & SENSEI PAUL  
1.00 - 2.30**

**Cost: \$15 for 1 Session or \$25 for both (Sausage sizzle & drink included when you prebook both sessions)  
Normal Training fees do not apply ■ Sausage sizzle: \$2.50, Drinks: \$2 ■ All grades & ages welcome**



**GKR KARATE**  
STRONG • HUMBLE • BRAVE

## World Cup Fundraising Seminar ■ Pre-booking

Students Name: .....

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

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