



50 PERSON KUMITE

WITH SENSEI DANIEL FREER

Can you last 50 rounds? Do you want to improve your sparring and improve your fitness? This seminar will help you build your confidence and achieve a greater understanding in all aspects of Kumite.

SATURDAY 20 JULY 2.00 - 4.00pm

Manor School, Mountbatten Way, Raunds, NN9 6PA

Cost: £15 for 1, £14pp for 2, £13pp for 3 ■ 50% discount to all Direct Debit Students & Training Pass holders
8th kyu and above ■ Please bring all protective equipment with you

GKR KARATE



50 Person Kumite ■ 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.
Seminar and special class payments are strictly non-refundable