



# SELF DEFENCE SEMINAR

SAVA MATIC AND THE REGION 16 INSTRUCTORS

Sensei Sava has years of experience both in Karate and as a member of the Police and security forces. In this special Seminar the mats will be down as Sensei Sava takes students through a range of self defence & escape techniques. Don't miss this fun learning experience!

**SATURDAY 22 JUNE 10.30am - 12.30pm**

**Isabella Plains Early Childhood School  
130-140 Ellerston Avenue, Isabella Plains**

Cost: Direct Debit & Training Passes apply

All grades welcome ■ Please bring all protective equipment with you



**GKR KARATE**  
STRONG • HUMBLE • BRAVE



## Self Defence & Escape 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.  
Seminar and special class payments are strictly non-refundable