



SELF DEFENCE SATURDAY

WITH SENSEI PETER DURRANT

SESSION 1: 2.00 - 2.00PM

KIDS & FAMILIES SAFETY AWARENESS SEMINAR (AGES 5-12 PLUS PARENTS)

SESSION 2: 2.30 - 3.30PM

WOMENS ONLY SELF DEFENCE SEMINAR (AGES 12 AND UP)

SESSION 3: 4.00 - 5.00PM

GROUND DEFENCE SEMINAR (AGES 12 & UP)

SATURDAY 27 JULY

Roseville Public School, Duntroon Ave, Roseville

Cost: \$5 for unlimited pass holders or one PTF sticker per session ■ All grades welcome

**Do you have a family member or a friend who is not a GKR Karate member that would like to attend the seminar?
They are welcome to pre register only for \$20 for one session, or \$30 for 2 sessions.**



GKR KARATE
KARATE FOR EVERYONE



Self Defence Saturday ■ Pre-booking

Students Name:

Instructors Signature: Date:.....

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.