



100 ROUNDS OF KUMITE

WITH SENSEI MARK WOODS

Test your stamina and have fun challenging your fellow students and Instructors with 100 rounds of kumite! Refreshments will be available on the day. Are you up for the challenge?

SATURDAY 30 NOVEMBER 2.00 - 5.00pm

The Chipping Sodbury School, Bowling Rd, Chipping Sodbury
South Gloucestershire BS37 6EW house number 34 (Sat nav)

Cost: £15pp (£7pp for Direct Debit Students & Training Pass holders) ▪ 12VP holders may use 3 stickers or pay cash
8th kyu and above ▪ Please bring all sparring equipment with you



GKR KARATE
KARATE FOR EVERYONE



100 Rounds of 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.