



BEACH TRAINING

**Challenge yourself on Grass, Sand and Water!
Join us for some fun training followed by a cool off
in the ocean, then enjoy a mouth watering Sausage
Sizzle and an ice cold soft drink.**

SUNDAY 15 DECEMBER 10 - 11.30am

Sorrento Beach, Corner of Southside Drive and West Coast Drive

Cost: \$15pp + \$5 pp for Sausage Sizzle and Soft Drink

All grades and ages welcome ■ Training Pass does not apply

Bring a change of clothes, hat, sunscreen, towel and drink of water



GKR KARATE
KARATE FOR EVERYONE



Beach Training ■ Pre booking

DUE SUNDAY, 8 DECEMBER

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.