



TOURNAMENT PREPARATION SEMINAR

SENSEI RYAN MARVIN & UK NATIONAL SQUAD COACHES

With the first tournament of 2020 around the corner, this seminar offers a great opportunity to refine your kata and kumite skills. A must for anyone who wants to get to the next level in their tournament karate.

SUNDAY 1 MARCH 2.00 - 4.00pm

**Cheslyn Hay Leisure Centre
Saredon Road, Staffs WS6 7JQ**

Cost: £12 for 1, £11pp for 2, £10pp for 3 or more.
All grades and ages welcome ■ Bring full kumite kit and plenty of water.



GKR KARATE
KARATE FOR EVERYONE



Tournament Preparation Seminar ■ Pre-booking

Students Name: Paid:

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.