

GO-KAN-RYU KARATE-DO

2023 NEW ZEALAND BLACK BELT CAMP

Conducted by Shihan Antonie de Bruin

Join us for a rewarding weekend of specialized karate training that will cover an extensive range of principles including advanced kihon drills, kata technique and application, self defence, kumite strategy and combinations and much more! Open to all GKR Karate instructors and any students brown belt or above (16 years plus).

Saturday 20th and Sunday 21st May 2023

Frankton Full Time Dojo16 Goodfellow Place, Frankton, Hamilton

Saturday - Training 10.00am - 1.00pm

Lunch 1.00pm - 2.30pm Training 2.30pm - 5.30pm

Sunday - Training 9.00am - 1.00pm

Final Lunch 1.30pm then depart camp

Cost \$95pp

Includes 10 hours of karate training plus lunch on both Saturday and Sunday. Please note accommodation is not included in this price.

BLACK BELT CAMP TEE \$30

Available in XSmall to 3XL

Tee's must be ordered & paid for online by Sunday 30/04/23 and will be delivered to you at the camp.

Scan here to place your order.

OR visit the address below...
go.gkrkarate.com/nzbb





CAMP REGISTRATION AND PAYMENT ONLY

Name: D.O.B.: / / Mobile Number: Email: Dietary Requirements:			
PAYMENT: CASH OR PLEASE CHARGE	: MY CARD VISA	MASTERCA	RD
Credit Card Number		Expiry Date	CVV
Name on Card:	Signature:	Amoun	t: \$