



CHRISTMAS EXTRAVAGANZA

WITH SENSEI MARK LENDRUM & THE REGION 2 INSTRUCTORS

KARATE DECATHLON

- 10 karate challenges
- Kids & adults divisions
- 1st, 2nd, 3rd placings
- Prizes for top scores

10.00 - 11.30am

ADVANCED BAG WORK BOOTCAMP

- Action packed
- No breaks
- Sweat session
- Beast Mode

12.00 - 1.00pm

KATA REFINEMENT

Work with an instructor on your specific grade kata, or learn your next one!

2.00 - 4.00pm

SUNDAY 23 DECEMBER

Cambridge Park High School, Harrow Rd, Cambridge Park

Cost: \$20 per session, or \$5 per session for those on Direct Debit or Training Passes (PTF)
Register for all 3 sessions and receive a free \$10 lunch voucher ▪ All grades welcome



GKR KARATE
STRONG • HUMBLE • BRAVE

Christmas Extravaganza ▪ Pre-booking payment

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.