



2018 WELLINGTON TRAINING CAMP

With SENSEI BRAD SA'U and the REGION 21 INSTRUCTORS

SATURDAY 27 OCTOBER
 Aotea College, Okowai Road, Aotea

**SESSION 1
KATA**
 10.00am - 11.00am
 Improve the technique and timing of your grade kata or learn your next kata.

**SESSION 2
KUMITE**
 11.00am - 12.00pm
 Learn essential attack & defence strategies and also movement skills for kumite.

**SESSION 3
BUNKAI**
 12.30pm - 1.30pm
 Understand the applications behind the combinations of your kata.

**SESSION 4
GRADING**
 1.30pm - 3.00pm
 Get feedback on grading requirements. Option for students to grade if ready.

Cost: \$20pp for 1 session, \$30pp for 2 sessions, \$40pp for 3 or more sessions ▪ All grades & ages welcome
 Direct Debit & Training Passes (PTF) don't apply ▪ Fee's due to your instructor by Sunday 14th October (No entries on the day)
 Grading Fee: Yellow to Blue \$45, Red to Brown \$55. Belt Cost \$10 - Gradings and Belts paid for on the day



2018 Wellington Training Camp ▪ Pre-booked payment

Students Name: Age:

Parents Name (if student is under 18yrs):

Mobile Number (parents number if student is under 18yrs):

Grade: Last grading date: I would like to be looked at for grading:

Cash Credit Card (Please fill in details below) OR Please contact me for card details

PLEASE CHARGE MY CARD VISA MASTERCARD

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Credit Card Number Expiry Date CVV

Name on Card: Signature:

Instructors Signature: Amount Paid: Date Paid:

Please note: this slip is to be completed and returned to your Instructor with your payment. Seminar payments are strictly non-refundable.