



FOCUS MITT & KICK SHIELD WORKSHOP

WITH SENSEI BAILEY, JESS, BRENDAN, ALVISH, PATRICK, HELEN AND COOPER

The Southern Auckland Hub invites you to come and learn effective training techniques using focus mitts and kick shields, to help generate greater power and focus in your strikes and kicks.

SUNDAY 25 AUGUST 1.30 - 3.30pm
Hillpark School, Grande Vue Rd, Manurewa

Cost: Direct Debit & Training Passes apply ■ All grades and ages welcome
Please bring your focus mitts and kick shields to class



GKRKARATE
STRONG • HUMBLE • BRAVE



Focus Mitt & Kick Shield Workshop ■ Pre-booking

Students Name:

Instructors Signature: Date:.....

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