

GO-KAN-RYU KARATE-DO ACK HEL **CAMP 2019**

Conducted by Shihan Gavin Samin (Assistant Chief Instructor)

Join us for 10 hours of dedicated karate training that will take your karate to the next level. We will be covering principles of movement, kata technique and application, kumite drills and much more. Open to all GKR Karate Instructors and Brown/Black belt students (15 years plus).

Saturday 1st and Sunday 2nd June 2019

Underdale High School Garden Terrace, Underdale

Saturday - Training 9.00am - 12.00pm Training 2.00pm - 5.00pm

Sunday -Training 9.00am - 1.00pm

Name:

Cost \$95pp

Includes 10 hours karate training + BBQ lunch on Saturday & Sunday.

Dav Rates

\$40 Sunday

\$60 Saturday (Includes BBQ lunch) (Includes BBQ lunch)

* Training fee does not include accommodation



you register by the 12th May 2019 and will be delivered to you at the camp. Tee's are not available to order if registering after the 12th May 2019.

BLACK BELT CAMP 2019

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front D.O.B.:___/ / Mobile Number:

Email:	Dietary Requirements:
	XL 3XL I am not purchasing a T-shirt
PLEASE CHARGE MY CARD VISA	MASTERCARD
Credit Card Number	Expiry Date CVV
Name on Card:	Signature: Amount: \$

Forms are to be completed and handed to your Instructor. **Registration closes SUNDAY 26TH MAY 2019**