



KATA & BUNKAI SEMINARS

WITH SENSEI RAY BETTRIDGE AND REGION 11 INSTRUCTORS

The Kata seminar covers all of GKR Karate's Kata's and will assist you to better refine your own grade Kata. You will also have the opportunity to study the Kata application, the 'Bunkai', which will assist you in gaining a deeper understanding of why and how a Kata works.

SUNDAY 21 JULY

KATA SEMINAR 9.30 - 11.00AM

BUNKAI SEMINAR 11.15 AM - 12.45PM

Albany Creek State High School, Albany Forest Dr, Albany Creek

Cost: Direct Debit and Training Passes apply ▪ All grades welcome

Sausage/drink will be made available on the day ▪ Sausage Cost: \$2.00 ▪ Drink Cost: \$1.50

Please return the tear off slip below to your Instructor by 19th July 2019 to book



GKR KARATE
KARATE FOR EVERYONE



Kata & Bunkai Seminar ▪ Pre-booking

Students Name: Seminar 1 Seminar 2

Instructors Signature: Date:.....

Please note: this slip is to be completed and returned to your Instructor to pre book.