



KUMITE SEMINAR

WITH SENSEI JACOB HORNE

Looking for a way to take your Kumite to the next level? Senior Sensei Jacob Horne will be conducting a Kumite seminar focusing on specific combinations, distance drills and timing.

SUNDAY 14 JULY

2.00 - 3.30pm

**Lindisfarne North Primary School
East Derwent Highway, Geilston Bay**

Cost: Direct Debit & Training Passes apply

All grade levels are welcome ■ Please bring all protective equipment with you



GKRKARATE
KARATE FOR EVERYONE