



SUPER SEMINAR

WITH THE REGION 11 INSTRUCTORS

Session 1

Advanced Basics

10.00 - 11.00am

Session 2

Kata / Bunkai

11.15am - 12.15pm

Session 3

Kumite / Evasion Drills

12.30 - 1.30pm

SUNDAY 18 NOVEMBER

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

Cost: Direct Debit and Training Passes (PTF) apply

All grades welcome ■ Please bring all protective equipment with you



GKR KARATE
STRONG • HUMBLE • BRAVE



Super Seminar ■ Pre-booked payment

Students Name:

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.