



REDLANDS KATA & KUMITE SEMINAR

HOSTED BY THE INSTRUCTORS OF REDLAND BAY

Expand your understanding of stances and kata application in this Kata Seminar. Then learn attack & defence strategies to take your sparring to the next level at our Kumite Seminar. Don't miss out!

WEDNESDAY 26 SEPTEMBER

Hilliard State School

Corner of Alexandra Circuit & Hanover Drive, Alex Hills

KATA SEMINAR

6.00 - 7.30pm

All grades welcome

KUMITE SEMINAR

7.30 - 9.00pm

Yellow belt & above

Cost: \$15pp for 1 session or \$22pp for both ▪ Direct Debit and Training Passes (PTF) apply
12 Visit pass holders use 1 sticker per session



GKR KARATE
STRONG • HUMBLE • BRAVE

For more details call Tony Willcox - 0499 920 550