



# SCHOOL HOLIDAYS INTENSIVE PROGRAM

with **SENSEI MARK LENDRUM**

This program will focus on partner drills and grade kata mastery.  
Trophies & Certificates will be awarded.

**1ST, 3RD, 5TH, 8TH, 10TH & 12TH OCTOBER**  
**12.00 - 1.30pm**  
**Valley Fitness Centre**

**Unit 9, 524-426 The Great Western Highway, St Marys Gateway Complex**

Cost: \$75 per person for all 6 sessions ▪ Training Pass (PTF) and Direct Debit do not apply  
Limited to 50 places ▪ Discounts for those that have attended previous School Holiday Programs



**GKR KARATE**  
STRONG • HUMBLE • BRAVE



**School Holiday Intensive Program ▪ 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.