



SUMMER BEACH CLASS

WITH SENSEI ANTONIE DE BRUIN

Come and enjoy summer in the sun, sand and sea
as we take our karate to the beach.

SUNDAY 23 FEBRUARY

10.00 - 11.00am

Eastern Beach, End of The Esplanade, Eastern Beach

Cost: Direct Debit and Training Passes apply, 12VP holders use 1 x sticker
All grades and ages welcome ■ Remember to bring your sunscreen and a change of clothes
Gold coin donation for the sausage sizzle afterwards



GKR KARATE
KARATE FOR EVERYONE



Summer Beach Class ■ Pre-booking

Students Name: Sausage Sizzle?: Y N

Instructors Signature: Date:

Please note: this slip is to be completed and returned to your Instructor with your payment.
Seminar and Special Class payments are strictly non-refundable.