



# SUPER SAM-INAR

WITH SENSEI SAMUAL PENTON & SENSEI MARK LENDRUM

Sensei Sam Penton the karate therapist and GKR Karate's 2019 World Champion is running a Kumite technique, strength and fitness seminar. This session will be followed by a Kata development workshop taught by our Regional Manager, Sensei Mark Lendrum.

**SUNDAY 15 SEPTEMBER**

**10.30am - 1.00pm**

**Cambridge Park High School, Harrow Rd, Cambridge Park**

Cost: Direct Debit & Training Passes apply ■ All grades welcome ■ Booking essential



**GKR KARATE**  
KARATE FOR EVERYONE



## Super Sam-inar ■ Pre-booking 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 and special class payments are strictly non-refundable