



100 ROUNDS OF KUMITE

WITH SENSEI ASMAT NADIRY

Our 100 rounds of Kumite is back again. This time with more challenges and fun activities. If it's your first time, then see how far you can reach without giving up. Bring your best game and see how many rounds you can last!

SATURDAY 10 OCTOBER 3.30 - 5.30pm

Ash Manor Sports Centre, Manor Road, Ash, Aldershot GU12 6QH

Cost: £16pp (family discounts apply) ■ 50% discount for Direct Debit Students
Training Passes do not apply ■ Yellow belt and above ■ Bring all your sparring equipment



GKR KARATE
KARATE FOR EVERYONE



100 Rounds of Kumite ■ Pre-booking

Students Name:

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.