



ADVANCED SEMINAR WITH  
**SENSEI BOB McCracken**

**Kick start the year with this amazing opportunity to train with UK's most Senior Instructor Sensei Bob McCracken. Fine tune all your techniques including all aspects of Kihon, Kata and Kumite. this is an opportunity not to be missed!**

**SATURDAY 22 FEBRUARY 3.00 - 6.00pm**

**Cheslyn Hay Leisure Centre  
Saredon Road, Staffs WS6 7JQ**

**Cost: £12 for 1, £11pp for 2, £10pp for 3 or more.  
Open to Green belts & above**



**GKR KARATE**  
KARATE FOR EVERYONE



**Advanced Seminar with Sensei Bob McCracken ■ 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.