

ISHINRYU OPEN ONE DAY COURSE

OPEN TO ALL KARATE STYLES

SUNDAY 21st OCTOBER 2018

BARKING ABBEY SCHOOL

WOODBIDGE ROAD

IG11 9ET

Check in: **11.30**

Training Session #1: **12 Midday to 1.30 p.m.**

Break: **1.30 p.m. to 2.00 p.m.**

Training Session #2: **2.00 p.m. to 3.30 p.m.**

One Day Course free: **£15**

*Cheques payable to **Ishinryu Karate**, 54 Cecil Road, Romford, RM6 6LB*

Any questions - call Chris on 07713 654554

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NAME..... TELEPHONE.....

ADDRESS.....

..... POST CODE.....

CLUB..... GRADE.....

ISHINRYU LICENSE No. EKF LICENSE No

EMAIL.....