

**ENGLISH SHOTOKAN KARATE ASSOCIATION**

**KUMITE SQUAD TRAINING**

Date: Sunday 22nd January 2006

Venue: Sandy Upper School (see website for directions [www.sandykarate.org.uk](http://www.sandykarate.org.uk))

- 1 Any grade may attend but must be over 10 yrs old, Juniors (under 16) must have parents permission to attend
- 2 Gum Shields & Mitts compulsory if you intend to fight.
- 3 A squad will chosen shortly so that we will be able to attend our first competition in February.
- 4 We welcome anyone who just wants to improve their Kumite skills regardless if they intend to become a member of the squad.

Course Fee £5 Juniors and Adults, Pay on the day.

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Name:

Club:

Age:

Contact Tel:

Grade:

Parents signature if student under age 16

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