

# ISHINRYU OPEN ONE DAY COURSE

OPEN TO ALL KARATE STYLES

**SUNDAY 21<sup>st</sup> OCTOBER 2018**

**BARKING ABBEY SCHOOL**

**WOODBIDGE ROAD**

**IG11 9ET**

Check in: <b>11.30</b>
Training Session #1: <b>12 Midday to 1.30 p.m.</b>
Break: <b>1.30 p.m. to 2.00 p.m.</b>
Training Session #2: <b>2.00 p.m. to 3.30 p.m.</b>

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.....