

ISHINRYU PRE GRADING COURSE

OPEN TO ALL KARATE STYLES

SUNDAY 17th MARCH 2019

FOREST ROW CENTRE
LODGE LANE, COLLIER ROW
RM5 2LD

GREEN BELT 5th KYU TO BLACK BELT

Check in: 12.30
Training Session #1: 1.00 p.m. – 2.30 p.m.
Break: 2.30 p.m. - 3.00 p.m.
Training Session #2: 3.00 p.m. - 4.30 p.m.

You **MUST** attend this course if you intend to Grade in April

PRICE: **£15.00** includes BOTH Classes on the day

On-line booking and payment available at www.Ishinryu.net

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

Any questions - call Chris on 07713 654554



.....Please complete all details below in **BLOCK CAPITALS**.....

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

ADDRESS.....

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

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

ISHINRYU LICENSE No. EKF LICENSE No

EMAIL.....

NEXT GENERAL GRADING is SUNDAY 7th APRIL 2019

At the Forest Row Centre from 12:30 p.m. – full details and timings at the
Pre-Grading Course