

# ISHINRYU OPEN ONE DAY COURSE

OPEN TO ALL KARATE STYLES

**SUNDAY 27<sup>th</sup> OCTOBER 2019**

**FOREST ROW CENTRE  
LODGE LANE, COLLIER ROW,  
RM5 2LD**

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 fee: **£15**

Book online at **Ishinryu.net**– Credit Cards and Paypal accepted  
*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.....