

ISHINRYU OPEN ONE DAY COURSE

OPEN TO ALL KARATE STYLES

SUNDAY 27th OCTOBER 2019

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

Check in: **12.30**

Training Session #1: **1.00** p.m to **2.30** p.m.

Break: **2.30** p.m. to **3.00** p.m.

Training Session #2: **3.00** p.m. to **4.30** 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.....