

ISHINRYU PRE GRADING COURSE

OPEN TO ALL KARATE STYLES

SUNDAY 17th NOVEMBER 2019

FOREST ROW CENTRE
LODGE LANE, COLLIER ROW
RM5 2LD

Check in: 12.30
Training Session #1: 1 p.m. to 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 December

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 1st DECEMBER 2019

At the Forest Row Centre from 11:30 a.m. – full details and timings at the
Pre-Grading Course