

ISHINRYU PRE GRADING COURSE

OPEN TO ALL KARATE STYLES

SUNDAY 18th NOVEMBER 2018

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

GREEN BELT 5th KYU TO BLACK BELT

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.

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

PRICE: **£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.....

NEXT GENERAL GRADING is SUNDAY 2nd DECEMBER 2018

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