



Sensei George Andrews 7th Dan IOGKF

All Grades Spring Gasshuku 1st – 4th May 2009

The training will be for 4 days which includes lunch and the use of all the equipment which includes Sauna, Showers. Accommodation at the Dojo is free, just bring a sleeping bag.

Training times; Friday 6.30 – 9.30pm All Grades

Saturday 10 – 11.30 Black – Belts 11.30 – 2.30 pm All Grades

Sunday 10 – 11.30 Black – Belts 11 – 30 – 2.30 pm All Grades

Monday 10 – 1pm All Grades

The Fee; Whole Course £50 for Black – Belts

£40 for All Grades

Cheques made payable to Institute of Traditional Karate or I.T.K

2 Days Saturday and Sunday Training £35

2 Days Friday and Monday Training £25

1 Day Saturday or Sunday Training £20

1 Day Friday or Monday Training £15

This will be a great opportunity to see the sights of London as the Honbu Dojo is only 10 minutes from Westminster Abbey and Big Ben

The people coming from abroad can pay on arrival without penalty.

This Course is open to a limit of 50 people so book early to avoid disappointment.

Just register by email with your interest ga@otgka.co.uk