

TOOTING KARATE CLUB OPEN COURSE

Saturday 21 FEBRUARY

11am – 4pm

Sunday 22 FEBRUARY

10am – 2pm

VENUE

Smallwood School, Smallwood School, London, SW17 0TW

The course will be open to 16 and over only. The Saturday morning children's class will take place as usual from 10am – 11am.

COST

£20 for Weekend or £15 per day

CONTENT

Course will include Hoju Undo, kata and bunkai, ground work (Ne waza), Breakfalls (Ukemi), kumite techniques.

I would appreciate it if those of you who have Nigiri Game could bring them with you as I only have one set!

Please bring food and refreshments with you. There are a number of cafes and shops nearby. Free parking is available at Smallwood School.

If you are interested, please pre-register by email at:

linda@otgka.co.uk

If you have any questions please do not hesitate to ask via email or call me on 07771 932 963.

Yours in karate-do,

Sensei Linda Marchant

6th dan, IOGKF

www.southwestlondonkarate.co.uk