

England Karate-Do Wado-Kai

Winter Course 2008



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Saturday 15th November and
Sunday 16th November 2008

St Aidan's Sports Complex, Victoria Place,

Carlisle, CA1 1LY

(telephone: 01228 633391)

Saturday 10am to 3pm (to include Kata Competition)

Sunday 10am to 3pm (to include Kumite Competition)

Training Fees

£8.00 per day for Seniors, £5.00 per day for Juniors

Competition Entry Fees

£4.00 per event

Course Format:

Saturday will be based around Kata Training followed by the Kata Competition. **Sunday** will be based around the Wado-Ryu Gumites followed by the Kumite Competition.

Those wishing to compete **MUST** complete and submit an entry form in advance. No entries to the competition will be allowed on the day. Competitors must attend the training.

CHIEF INSTRUCTOR RENSHI DAVE SWALWELL 5th DAN

