

# GKR



# SUPER SEMINAR



## CAMBRIDGEPARK HIGH SCHOOL

Francis Street, Cambridge Park.

**SATURDAY, JUNE 26, 2010** *Please tick the session/s you would like to attend*

**SESSION 1: 0**      **BASICS / COMBINATIONS**  
1pm - 2.30pm      Improve your technique, speed and power

**SESSION 2: 0**      **KATA**  
3pm - 4.30pm      Focus on current grade plus next grade kata

## SUNDAY, JUNE 27, 2010

**SESSION 3: 0**      **KUMITE DRILLS AND SELF DEFENCE** (Bunkai Applications)  
1pm - 2.30pm      Focus on improving footwork, defence and attack in kumite

**SESSION 4: 0**      **GRADING ASSESSMENT**  
3pm - 4.30pm      Each class goes toward your next grade. All students demonstrating an improvement in overall ability and technique will receive a grading authorisation slip to attend the July grading.  
(Student must have attended at least 1 of the earlier 3 sessions to book into this session)

**FEE:**      **\$10 per class**  
Attend three classes and get the fourth FREE! 4 classes = \$30 (25% saving)  
Family discount (2 or more): **\$9 per class**. \$27 for all four.

**PLUS Certificate of Participation for all students who complete all four sessions!**



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## PRE BOOKED PAYMENT

Students Name: .....

Instructors Signature: .....

Amount Paid: ..... Date Paid: .....

Please note: this slip is to be completed and returned to your Instructor with your payment.  
Seminar payments are strictly non-refundable.