



Special Master Class

With

Sensei Dave Hazard 7th Dan **Sensei Aidan Trimble 7th Dan**

***AT: The Dojo, Humber Works, Humber Rd, Beeston
Nottingham, NG9 2ET Tel 0115 8754212**

***ON: Saturday 27th and Sunday 28th March 2010**

***COST: £45.00 for the full two day course or £35.00 per day**

**** Adults Black and Brown Belts only 16yrs and above ****

Saturday 27th

11.00am to 12.00pm	Kihon Uchi-Waza (Striking techniques)
12.15pm to 1.15pm	Kata Kanku-Dai
1.30pm to 2.30pm	Kumite

Sunday 28th

11.00pm to 12.00pm	Kihon Keri-Wasa (Kicking techniques)
12.15pm to 1.15pm	Kata Sochin
1.30 pm to 2.30pm	Kumite Self Defence

Maximum 30 places per day, first come first served

A rare opportunity to train with two legends of Shotokan Karate.

*Dave Hazard
and
Aidan Trimble*

Two of Europe's most senior instructors, they are both former International competitors and head their own National Karate organizations.

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Name.....Age.....

One or two day course*..... Fee £.....

*Priority will be given to people taking the full course

Grade.....Dojo.....

Tel.....Email.....

Please put your mobile number or email so we can text or email confirmation

CHEQUES MADE PAYABLE TO 'IPPON' AND SENT TO THE DOJO AT THE ABOVE ADDRESS