



Self-Defence, Street Awareness & Kumite Course

With
Sensei Cole, 6th Dan, Chief Instructor.

Open to all students, non-SSKA members & new students

SUNDAY 12th JULY 2009

@ Bracknell Sports & Leisure Centre, Bagshot Road,
Bracknell, Berkshire, RG12 9SE. In the 3M Hall.

Lesson times

No Warm-up before lesson starts so make sure you stretch (Going straight into the course).

New students, beginners and all grades up to 14 years old arrive 10.30am for a lesson 11.00am - 1.30pm.
New students, beginners and all grades, 15 years and above arrive 1.00pm for a lesson 1.30pm - 3.00pm.

Lesson Fee

If you pay before 12th July: Juniors & Seniors £12 each.
If you pay on the day: Juniors & Seniors £16 each.
Free to all instructors who are running SSKA clubs.
Special Rate for families of 3 or more, 1 goes free.
Non-SSKA members pay an extra £5 for each course.

New Student Special Offer

If new students join on the day:

£58 includes joining SSKA, karate suit, karate belt, embroidery on suit, grading book & insurance cover. (Saving £32 on normal price).

NO DEADLINE FOR APPLICATION.

Please Tear Off: One form per person

Please return to SSKA, Bentley Centre, Stratton Road, Swindon, SN1 2SH

Name: _____ D.O.B _____

Address: _____

Licence No. _____ Club: _____

Present Grade: _____ Organisation: _____

Amount Paid: _____ (all fees are non-refundable)

Please note there will be a surcharge of £10 if cheques are returned.

Signature: _____ Date: _____