

PRE GRADING COURSE

ISHINRYU OPEN TO EKF MEMBERS

BARKING ABBEY SCHOOL
WOODBIDGE ROAD
IG119ET

SUNDAY 27TH NOVEMBER 2011

GREEN BELT 5TH AND 4TH KYU CHECK IN 11am
TRAINING 11.30 TO 1PM

BLUE, BROWN AND BLACK BELTS TRAINING 1.30-3PM

PRICE £10.00 one Class £15.00 Both Classes

TRAINING WILL BE TAKEN BY

SENSEI TICKY DONOVAN O.B.E. 9TH DAN

www.Ishinryu.org

CHECK OUT!! WWW.TICKY-SUMMER-COURSE.CO.UK

Cheques payable to Ishinryu P.O BOX No.56 Loughton, Essex IG10 1DT

NAME.....TEL No.....GRADE.....

ADDRESS.....

CLUB.....LICENCE No.....

TEL. 0208 532 1990. E-MAIL ticky.donovan@btinternet.com

NEXT GENERAL GRADING Sunday 4th December 2011