

ISHINRYU PRE GRADING COURSE

OPEN TO EKF MEMBERS ONLY

SUNDAY 25TH MARCH 2012
BARKING ABBEY SCHOOL
WOODBIDGE ROAD
IG119ET

GREEN BELT 5TH KYU TO BLACK BELT. CHECK IN 11am

TRAINING 11.30AM TO 1PM

BRAKE
TRAINING 1.30PM TO 3:00PM

PRICE: £15.00 includes BOTH Classes!

TRAINING WILL BE TAKEN BY
SENSEI TICKY DONOVAN O.B.E. 9TH DAN
www.ishinryu.org

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

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

ADDRESS.....

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

EKF No.....

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

NEXT GENERAL GRADING SUNDAY 1ST APRIL 2012