

# JONATHAN MOTTRAM

## ENGLAND KATA COACH

### OPEN KATA SEMINAR

ALL EKF AND WKF MEMBERS WELCOME

BARKING ABBEY SCHOOL LEISURE CENTRE  
WOODBRIDGE ROAD, BARKING  
IG11 9ET

**SATURDAY 19 NOVEMBER**

REGISTRATION 30 MINUTES PRIOR TO SESSION

**SESSION 1 10.30-12.00**

LOWER GRADE AND INTERMEDIATE GRADES  
KATA SPECIFIC TECHNIQUES AND DRILLS.

**SESSION 2 12.00-2.00**

GOJUSHIHO (SHITORYU)  
GOJUSHIHO-SHO (SHOTOKAN)

**SESSION 3 3.00-5.30**

UNSHU (SHITORYU)  
UNSU (SHOTOKAN)

SESSION 1	£10.00
SESSION 2	£20.00
SESSION 3	£20.00
SESSIONS 2 & 3	£30.00

TRAIN WITH OUR CHAMPIONS  
AND BE PART OF A SPECTACULAR KATA  
SEMINAR BY ENGLANDS TOP KATA ATHLETE

**ALL ENQUIRES CONTACT 07939 271 112**  
**EMAIL [jonmottram1@aol.com](mailto:jonmottram1@aol.com)**