



KUMITE WORKSHOP & 30 ROUNDS OF KUMITE

With the FORREST HILL + DOJO HUB INSTRUCTORS

Take the drills you learn in class and put them into action with a partner. Improve your foot work as well as learn and gain valuable sparring skills that will help take your kumite to the next level.

MONDAY 10 DECEMBER

6.30 - 8.00pm

Forrest Hill Primary

50 Forrest Hill Rd, Forrest Hill

Cost: Direct Debit and Training Passes (PTF) apply
Yellow Belt & above ■ Please bring all protective equipment with you



GKR KARATE
STRONG • HUMBLE • BRAVE