



KUMITE WORKSHOP

WITH SENSEI ZION, PHIL, ROB, RAY AND SIMON

The East Auckland Hub presents this Kumite Workshop to assist you with footwork, speed, combinations and confidence in improving your kumite skills whether you are a beginner or have years of experience.

SATURDAY 21 SEPTEMBER 3.00 - 4.30pm

**Bucklands Beach Intermediate
Bucklands Beach Rd, Bucklands Beach**

Cost: Direct Debit & Training Passes apply ▪ Yellow belt and above
Please bring all protective equipment with you



GKR KARATE
STRONG • HUMBLE • BRAVE



Kumite Workshop ▪ Pre-booking

Students Name:

Instructors Signature: Amount Paid:..... Date Paid:

Please note: this slip is to be completed and returned to your Instructor with your payment.
Seminars and Special Classes are strictly non-refundable.