



SELF DEFENCE WORKSHOP

SENSEI CHRISTIAN, CASSIUS, AINSLEE, GRANT AND SIMON

The Central Auckland Hub invites you to join in our Self Defence workshop for adults and children. You will learn tools of awareness, danger avoidance and escape techniques in a fun and friendly environment.

SATURDAY 6 JULY 3.00 - 4.30pm

Bailey Rd School, Bailey Rd, Mt Wellington

Cost: Direct Debit & Training Passes apply ▪ All grades and ages welcome



GKR KARATE
STRONG • HUMBLE • BRAVE



Self Defence Workshop ▪ Pre-booking

Students Name:

Instructors Signature: Date:.....

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