



CHRISTMAS SEMINAR

WITH SENSEI AMY GINDERS

Celebrate the end of the year with us at our special Christmas Seminar including basics, combinations, kata, kumite and some Christmas fun. We'll be holding a Cake sale and a 'Guess the Bear' competition on the day as well as accepting toy donations for QMC hospital children's ward!

SUNDAY 15 DECEMBER 10.00am - 12.00pm

Minver Crescent Community Centre

Minver Crescent, Aspley NG8 5PN

Cost: £8 per person ▪ Direct Debit & Training Passes do not apply
All grades and ages welcome ▪ Please bring a toy donation to help QMC hospital if you can
Pre-booking is appreciated but we will also accept students who 'pay on the day'



GKR KARATE
KARATE FOR EVERYONE



Christmas Seminar ▪ Pre-booking

Students Name:

Instructors Signature: Date:

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