

ONE DAY COURSE

Squad Training - Course Kata, Kumite,

SATURDAY 12th MARCH 2011

TIME 1.30pm 3.30pm KATA - KUMITE



S.D.S.M.A

UNIT B, GLOBAL PARK, EASTGATES,

COLCHESTER, ESSEX, CO1 2TW

TKA SQUAD TRAINING AND TEAM SELECTIONS

JOE ANDERSON & SEAN DOYLAND

Fee £5.00 Closing Date 10th MARCH or £10.00 on the Day

TKA 3SPA ROAD WITHAM ESSEX CM8 1NE

Tel /Fax:01376502612 or Email: toyakwaikarate@aol.com

NAME GRADE COUSE SQUAD REFRE

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