

A MILESTONE IN ENGLISH KARATE
COME AND BE A PART OF IT

2019 ENGLISH KARATE SEMINAR

A combined seminar with the following Karate personalities:

- Noel Mantock (FEKO)
- Dean Simpson (EUKF)
- Michael Day (Ippon mag)
- Dan Cuthbert (KE)
- Craig Phillips (Seishan)
- Alex Sylvan (MAFI)
- Moira Barber (EUKF)
- Mark Green (Shinka)
- Joe Anderson (EUKF)
- Simon Kidd (EUKF)
- Dave Phillips (Seishan)
- Patricia Duggin (KE)
- Mark Nevola (FMMA)
- Ken Tsai (KKO)
- Irfan Dogan (MAFI)
- Luke Cuthbert (UKA)
- Ian Cuthbert (KE)
- Essam Shreif (ESKF)
- David Wilson (TMAC)
- John Anderson (Kyoji Kai)
- Paras Shah (MAFI)
- Shauna Carroll (UKA)
- Saj De Silva (EUKF)
- Ian Warren (AAKA)

**Official Announcement of the
2020 10k Karate Clash!**



Covering

**RINGCRAFT TACTICS,
DEFENSIVE PUNCHING &
KICKING, SWEEPS, TAKE
DOWNS, THROWS, TATAMI
ETIQUETTE, BUNKAI, KATA
PERFORMANCE, SELF
DEFENCE, PLYOMETRICS,
EVASIVE MOVEMENT
AND MORE!**

SUNDAY 24TH NOVEMBER

13 YEARS OLD AND BELOW 14:00 – 15:30
14 YEARS OLD AND ABOVE 15:30 – 17:30

£10 in advance or £15 on the day

**Ongar Leisure Centre, The Gables,
Fyfield Rd, Chipping Ongar, Ongar CM5 0GA**

CONTACT FOR MORE INFO:

Joe Anderson: 07383 089430 / Ian Cuthbert: 07802 481187

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Time 13 Years Old and Below 14,00 - 15.30 14 Years Old and Above 15.30 - 17 30

Ongar Leisure Centre, The Gables. Fyfield Rd, Chipping Ongar CM5 0GA

NAME			
CLUB			
PHONE		EMAIL	

£10.00 in Advance or £15.00 On the Day Limited Places

	NAME	AGE	GRADE	PAY
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15				
		TOTAL		

Please Return to : 41 Millfield High Ongar, Essex CM5 9RJ

Cheque payabl to: KSE Sort 51 61 35 Acc/ No 75181959

CONTACT: Joe Anderson: 07383 089430 / Ian Cuthbert: 07802 481187