

2008

KARATE SEMINAR

OPEN WINTER COURSE

Train with some of the UK's top Karate competitors



**Eddie
Gillespie
5th Dan**

5 x English
Team Champion
4 x British
Team Champion
14 x North East
Kumite Champion
5 x North East
Kata Champion
Ishinryu
National Champion
SKA
National Champion

**Lee
Smith
4th Dan**

Ishinryu
National Champion
Ticky Donovan
Summer Course
Champion
2 x English
Cadet Champion
A.P.A
Champion
Capital Open
Champion

**John
Mottram
4th Dan**

12 x English
Kata Champion
4 x English
Kumite Champion
2 x Commonwealth
Kata Champion
7 x British
Kata Champion
11 x Ticky Donovan
Summer Course
Champion
7 x Ishinryu
Champion

**Gavin
Foster
2nd Dan**

European U21
Kumite Bronze
2 x English
Champion
2 x British
Champion
5 x North East
Kumite Champion
Ticky Donovan
Summer Course
Champion

**Tony
Smith
2nd Dan**

5 x English
Kumite Champion
4 x English
Kata Champion
5 x British
Kumite Champion
5 x British
Kata Champion
British Team
Kumite Champion
Commonwealth
Team Kata Bronze
5 x Ticky Donovan
Summer Course
Champion

29th - 30th November 2008

Oxclose Comprehensive School, Washington, Tyne and Wear, NE38 0LN

For further information phone 0191 385 4515 or 07985 443230

Places are limited so book early to avoid disappointment

Course Booking Form

Style

Club/Association

Instructors Name

Student Name

DOB

Grade

Amount

Address

Telephone

Email

Total

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Course Fees

Adults £35.00 Juniors £30.00 (under 16)

Please complete the above booking form and return along with payment to the address below

Mr Eddie Gillespie - 7 Burn Terrace, Shiney Row, Tyne and Wear DH4 7JZ

For further information phone 0191 385 4515 or 07985 443230 - Email e.gillespie@sky.com

Cheque's payable to Tyne and Wear Ishinryu

Course Details

Accommodation

Accommodation must be booked separately

Holiday Inn 3 star (prices based on two sharing)

Friday £35.00 B&B

Saturday £55.00 B&B

Holiday Inn

Emerson Road

Washington

Tyne and Wear

NE37 1LB

Telephone : 0191 4189440

Please quote the following reference when booking

BOOKING CODE 59538

Saturday Training Times

10.30 am to 12.00 pm - 12.30 pm to 2.00 pm

5.00 pm to 6.00 pm Squad training in Track gear

Venue

Comprehensive School

Washington

Tyne and Wear

NE38 0LN

Training

The weekend course will consist of a overview
of basic and advance katas, reviewing

Structure and form.

Understanding fighting techniques and the use
of combinations.

Introduction to special competition techniques.

Self-defence and bunkai techniques.

Sunday Training Times

10.30 am to 12.00 pm - 12.30 pm to 2.00 pm