



English Goju-Ryu Karate-Do Association

Junior Kata & Kumite Seminar

Venue: Littledown Centre, Bournemouth

Time & Date: Saturday 14th June from 14:00 to 16:30
including breaks

Cost: £7.50 with family concessions

Course Content:

The above course will cover all aspects of competition fighting and kata attendees need to bring mitts and shin and instep protectors.

There will be several breaks during the training and a brief explanation of competition rules will be explained.

This course is being sponsored by EGKA in order to prepare many of you for the forthcoming junior southern region championships, for which you will soon receive information.

Course Instructors:

Sensei Nick Burr 5th dan, Sensei Steve Gouldson 5th dan

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