



E.G.K.A. 2009 EVENTS



THE NORTHERN ADVANCED TRAINING (PRE-GRADING) COURSE For Brown and Black Belts

**Sunday, 22nd February 2009
12 Quays Dojo, Wirral**

This will be the third in the series of EGKA advanced training courses open to both junior and senior brown and black belts.

It will concentrate on kihon, kata, bunkai, ippon kumite and yakasoku kumite, demonstrating how the EGKA's senior instructors expect these techniques to be performed.

With this in mind, *all* Brown and Black belts are encouraged to attend this event, *especially if they intend to grade* later in the year.

Training Venue:

12 Quays Dojo

Woodchurch High School Sports Complex

Carr Bridge Road, Woodchurch, Wirral, CH49 7NG

Training times:

Junior Black and Brown belts (£5.00): 09:30 to 10:30

Senior Black and Brown belts (£15.00): 09:30 to 13:00

(Please arrive ready for a prompt start at 9:30am. We have a full schedule to get through during the morning)

Visit the www.egka.org.uk website for more information