



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



The 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 to start promptly at 9:30am on the day. We have a full schedule to work through.

Please also remember to bring the correct money. Finding change can sometimes be a problem. Thank you.

For more information visit the Events page on the www.egka.org.uk website