

SEISHIN-RYU KARATE



Invites you to a Full Day Training Course
Sunday 26th September 2010
Cromer, Norfolk

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Sensei Paul Shephard 6th Dan
Sensei Phil Shire 6th Dan
Sensei Gary Battrick 5th Dan

Venue - Cromer Sports Centre, Norwich Rd, Cromer, Norfolk NR27 0EX
Session times: 10.30 - 12.00 / 1.00 - 2.30 / 3.00 - 4.30pm
3 sessions £20.00 / 2 sessions £15 / 1 session & (juniors under 16yrs) £10
Please bring your own lunch & drinks

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Email: sheringhamkarateclub@googlemail.com Tel: 01263 861127



www.seishin-ryu.co.uk