 

Kumite and Kata Weekend Course

SEKF Students Orange belt and above have an exciting opportunity to train alongside current England Kata Team member, James Scanlon and his students.

The SEKF Coaching Team will be jointly running the course which will consist of a Kumite and Kata session on both Saturday and Sunday.

Proceeds from this event will go to the SEKF International Fund to help finance our Elite K1 Athletes.

**DATE -** Saturday 5th / Sunday 6th October’ 2019

**VENUE -** New Milton Health & Leisure Centre, Gore Road. BH25 6RR

**TRAINING - Saturday** – Kumite training – 1.00pm – 2.45pm

Break - 2.45pm – 3.15pm

Kata training - 3.15pm - 5.00pm

**Sunday -** Kumite training - 11.30am – 12.45pm

Break - 12.45pm – 1.15pm

Kata training - 1.15pm- 2.30pm

**COST - Saturday Only - £25.00**

**Saturday and Sunday - £35.00**

Please return the form back withfull paymentby **Friday 4th October**

(Cheques made payable to the SEKF)

---------------------Please complete all sections and return bottom half only---------------------

Kumite and Kata Weekend

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GRADE\_\_\_\_\_\_\_\_\_\_AGE:\_\_\_\_\_\_**

**PLEASE TICK : Saturday training only: £25.00\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sunday Training only: £25.00\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Both Days training : £35.00\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please note the cost is £25.00 per day or £35.00 for both days**

**SIGNED: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TOTAL PAID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**