

Ikikata Budo Academy

Okinawa Goju Ryu Karate do



Kathrine Warrington School

<u>Day</u>	<u>ACTIVITY</u>	<u>TIME</u>
Thursday	Adult's Beginner's Karate course	7pm to 8.30pm

W/C 12.05.22 – 21.07.2022

Ikikata Budo Academy will run an **Adult Beginner's Course** for 13 weeks leading up to the Summer Holiday. At the end of the course there will be a grading to final the student's achievement on the course.

Dates of the course:

May - Thursday 12th / 19th / 26th

June – Thursday 9th / 16th / 23rd / 30th

July - Thursday 7th / 14th / 21st / 28th

August – Thursday 4th / 11th

Summer Half Term: Monday 30 May to Friday 3 June 22

Time – start at 7pm and prompt finish at 8.30pm

Where: School Sports Hall
Lower Luton Road
Harpenden
Hertfordshire AL5 5FH

Health & Safety: Students are required to wear track suit bottoms and a tee shirt to allow full movement and a bottle of water.

Cost: £97.50 (13 weeks) for full term. Payments to be made before the first class.

Which is payable by Bank transfer

Bank details

Name on account Michael Hollingbery

Account 8335 9856

Sort Code 09-01-28

Please use your **Name as reference**

Please provide ALL relevant contact details on slip below and return to us by **email** ASAP

Ikikata Budo Academy is suitable for both **MEN and WOMEN** of any ability can attend the course.

Name: _____ AGE: _____

Address: _____

Home Tel: _____ Mobile: _____

Email: _____

Medical History Conditions _____

Print Name: _____

Signature: _____

For further details contact Sensei Michael Hollingbery on Mob: 07581 350 159 or email ewsidrivingschool@gmail.com



Sensei Michael Hollingbery
Chief Instructor Ikikata Budo Academy
6th Dan Okinawa Goju Ryu Karate do

