

# PRE GRADING COURSE

ISHINRYU

BARKING ABBEY SCHOOL  
WOODBIDGE ROAD  
IG119ET

SATURDAY 28TH NOVEMBER 2009

GREEN BELT 5<sup>TH</sup> AND 4<sup>TH</sup> KYU CHECK IN 11am  
TRAINING 11.30 TO 1PM

BLUE, BROWN AND BLACK BELTS TRAINING 1.30-3PM

PRICE £10.00

TRAINING WILL BE TAKEN BY

SENSEI TICKY DONOVAN O.B.E. 9<sup>TH</sup> DAN

**CHECK OUT!!** [WWW.TICKY-SUMMER-COURSE.CO.UK](http://WWW.TICKY-SUMMER-COURSE.CO.UK)

*Cheques payable to ishinryu P.O BOX No.56 Loughton, Essex IG10 1DT*

NAME.....TEL No.....GRADE.....

CLUB.....LICENCE No.....EKF No.....

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