

PRE GRADING COURSE

ISHINRYU

BARKING ABBEY SCHOOL
WOODBIDGE ROAD
IG119ET

SUNDAY 28TH NOVEMBER 2010

GREEN BELT 5TH AND 4TH 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. 9TH DAN

CHECK OUT!! *Produced with Scantopdf*

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

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

ADDRESS.....

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

TEL. 0208 532 1990. E-MAIL ticky.donovan@btinternet.com