

WEEKEND TRAINING COURSE Or 1 Day Training

Join us on a weekend training course and grading being held on Saturday & Sunday 30th & 31st August at Waldegraves Holiday Camp.



Course Instructor Les Birkin 7th Dan and other Black Belts.

The course will commence as soon as tents & caravans are set up. Approx. 9.30am.

The course fee for the weekend will be: £24 per person {including grading}
£21 Juniors
£18 Black Belts

For those training only 1 day half the above price (grading is only for the weekend)

Those wishing to attend will require a tent or caravan, sleeping bag, camping equipment, food, running shoes (at least 2 pairs) and change of clothing for training. You can hire a caravan on site, tele phone 01206 385359. Parents, partners and children are welcome to come along.

The amenities include a Shop, Showers Toilets, and Heated outside swimming pool, Fishing Lake, Restaurant and take away, Golf range, Evening Entertainment and bar. Bring B.B.Q & food for the Saturday night get together.

Those wishing to attend who do not have transport or equipment should contact **Les Birkin on 01206 322062 for information.** Please let Les know as soon as possible if you need a tent, as spare ones are limited.

Those people wishing to go Friday night may do so.

DIRECTIONS B1025 to Mersea Island, across the Strood, Take left fork to East Mersea, Take the 2nd turning on the right. Follow the brown & cream tourist signs to Waldegraves.

Training will consist of basics, running, sparring, pair work, Kata, obstacle courses and a few surprises. All students grading will be assessed over the weekend. The course is a bonus grading. Please complete information below & return with your remittance. Site fee will be approx. £12 per night.

NAME.....

ADDRESS.....

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GRADE.....

CLUB.....

TEL. NO......

SIGNATURE.....