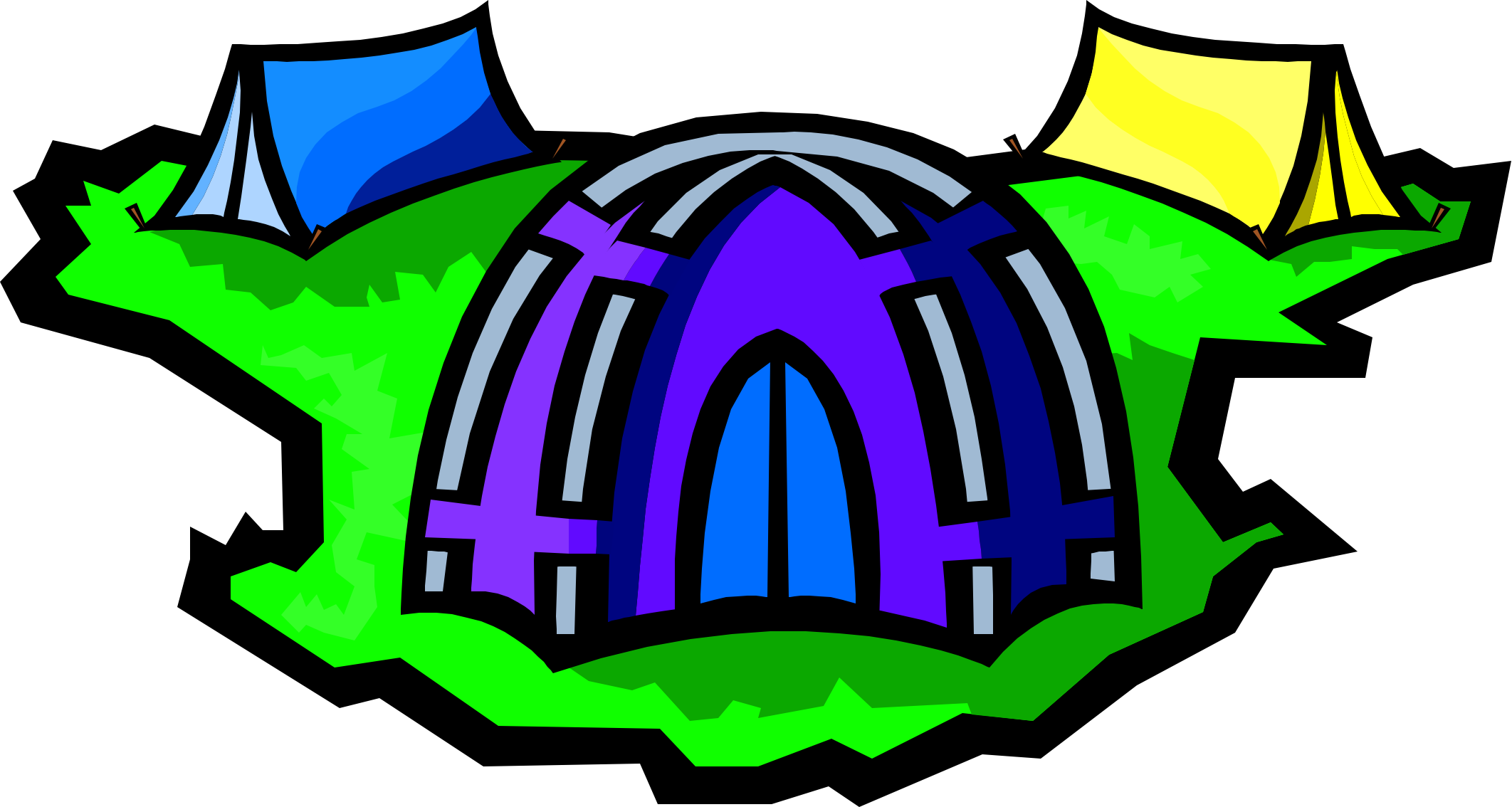
Weekend Training Course



**Spring Bank Holiday**

# Join us on a weekend training course plus grading

**Being held on 24th – 25th May 2015**

**at Saxmundham,**

# Carlton Park & Camping Site

Chief Instructor Les Birkin along with other belts will take the course.

Those wishing to attend will require a tent or caravan, camping equipment, food etc. It is necessary to bring at least 2 pairs of running shoes & several changes of clothing for training.

Parents, partners & children are all welcome to attend free of charge.

Training will consist of basics, running sparing, pair work, games, kata, and obstacle course & of course a few surprises. All the students grading will be assessed over the weekend, as the course is a bonus grade.

The amenities include Showers & Toilet Block (a charge of 20p for several minutes). This field does not have electric.

Locally in Saxmundham there is a good range of shops including a large supermarket, pubs, restaurants and take-away, with even more a short distance away in the surrounding area. From Carlton Park you can also walk on a extensive network of field footpaths through delightful countryside.

Saturday night we have a B.B.Q you are welcome to join in(please supple your own Food) if you have a bbq please bring it along.

Those wishing to attend who do not have transport or equipment should contact **Les Birkin on 01206 322062 or mobile 07713806851.** Please do this as soon as possible as tents are limited.

From the A12 north of Ipswich, turn off onto the B1121 and the Carlton Park Camping and Caravan Site is on the north side of Saxmundham.

Those wishing to go on the Friday evening are very welcome as it then isn’t such as rush on Saturday morning.

People usually arrive from 5pm onwards.

The course fee will be; £26 per person

£ 23 juniors

£ 20 Black belts

Site fees are £15-£18 approx per night payable to **Les Birkin** on arrival at the site.

Please complete the information below with your remittance for the course.

## ANY QUERIES OR FURTHER INFORMATION PLEASE CONTACT LES BIRKIN TEL; 01206 322062

**………………………………………………………………………………………………………………………….**

**NAME……………………………………………………………………..**

**ADDRESS ………………………………………………………………………………………………………….**

**GRADE ………………………………… TEL; NO ………………………………………**

**SIGNATURE …………………………… CLUB ………………………………………..**