



Weekend Training Course Spring Bank Holiday

Join us on a weekend training course plus grading
Being held on 28th – 29th May
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 sparring, 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. 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 supply 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 a 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