One Day Training Course

**Spring Bank Holiday**

# Join us on a training course plus grading

**Being held on Saturday 25th May 2019**

**at Saxmundham,**

# Carlton Park & Camping Site

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

Those wishing to attend will require several changes of clothing for training. Training will start at 9.30.

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 wishing to grade will be assessed over the day, as the course is a bonus grade if eligible.

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. Carlton Park has some delightful countryside walks.

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; £10 per person

£8 juniors

£10 grading

For those wishing to camp, the site fees are £15-£18(non-electric) approx per night

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

**Mobile 07713 806 851**

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**NAME……………………………………………………………………..**

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

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

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