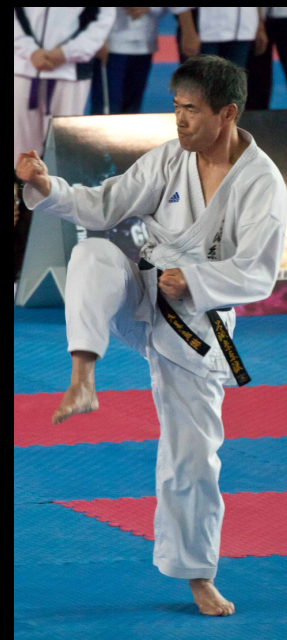


INTERNATIONAL OPEN KARATE COURSE



INSTRUCTION BY

SHIHANS NAOKI OMI & KEIJI TOMIYAMA

8TH DAN JOINT CHIEF INSTRUCTORS of
SHITO-RYU KARATE-DO KOFUKAN INTERNATIONAL,
REPRESENTATIVE OF TANI-HA KARATE-DO SHUKOKAI

Saturday 28 February & Sunday 1 March 2015

Venue Saturday & Sunday:

Djanogly City Academy
(Next to Djanogly Community Leisure Centre)

Gregory Boulevard
Nottingham NG7 6ND

0115 942 1300

12 till 4 p.m. each day

TRAINING SCHEDULE & FEES FOR BOTH DAYS

Day & Time	KYU GRADES	DAN GRADES
Saturday 12:00 – 13:15	Rohai Shodan Kata with K Tomiyama	Matsumura no Bassai Kata with N Omi
Saturday 13:20 – 14:35	Technique with N Omi	Matsumura no Bassai Bunkai with K Tomiyama
Saturday 14:45 – 16:00	Rohai Shodan Bunkai with K Tomiyama	Technique with N Omi
Sunday 12:00 – 13:15	Jiin Kata with N Omi	Jion Kata with K Tomiyama
Sunday 13:20 – 14:35	Jiin Bunkai with K Tomiyama	Technique with N Omi
Sunday 14:45 – 16:00	Technique with N Omi	Jion Bunkai with K Tomiyama

SUNDAY ONLY - 4.00 P.M. Kofukan Dan Gradings for pre-registered candidates only
(Candidates expected to train both days; PLEASE NOTE latest registration date 1 February 2015*: ask for form)

ADULTS ONLY (16 YEARS & ABOVE)

Kofukan Members

.... 1 DAY £20 (£12 NUS card)
.... 2 DAYS £35 (£20 NUS card)

Non-members

.... 1 DAY £25 (£20 NUS card)
.... 2 DAYS £42 (£30 NUS card)

FOR MORE INFORMATION E-MAIL sally@tomiyama.freemove.co.uk or phone 01400 281815

