

# UNITED KARATE ASSOCIATION 2009 SUMMER SCHOOLS

to be held at:

**Wanstead Christ Church Hall**

The school is open to all students junior or adult but numbers will be strictly limited.

Tuesday 21<sup>st</sup> July 1.00-3.00pm  
Wednesday 22<sup>nd</sup> July 1.00-3.00pm  
Thursday 23<sup>rd</sup> July 1.00-3.00pm  
and  
Friday 24<sup>th</sup> July 1.00-3.00pm

Instruction by Sensei **PATRICIA DUGGIN**  
4th Dan World Ladies Heavyweight Champion.

**includes;**

**Special EXTREME martial arts day for advanced students**

**== Street Wise self defence session == pad work = fitness training ==**

**== Bunkai (kata application) == how to win at competitions! ==**

**== conditioning == games session == pairs work ==**

**PRICES HELD FOR 2 years £67.50 (no increase from 2007!)**

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All students will require trainers, hand pads. A drink (no fizzy ones), current licence as well as karate gi on last day. No food or sweets please !!!!!

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**Please book me a place on the UKA Summer School for: WANSTEAD CHRIST CHURCH HALL.**

Name..... Tel.....

email address ..... Junior..... (Please tick)  
Adult .....  
Current Grade.....kyu/Dan

Any other information.

I enclose a cheque for £..... payable to UKA. (£67.50 per person)

Please return completed form with cheque/cash to your club instructor: ASAP

NB All fees are non-refundable. Enquiries to 07956 222 036

visit [www.karatelondon.co.uk](http://www.karatelondon.co.uk) for more information and copies of this form