

ISHINRYU OPEN ONE DAY COURSE

BARKING ABBEY SCHOOL
WOODBIDGE ROAD
IG119ET

SATURDAY 24TH OCTOBER 2009

11am CHECK IN START 11.30 TILL 1o'clock

I HOUR BREAK

2pm TILL 3.30

TRAINING WILL BE TAKEN BY

SENSEI TICKY DONOVAN O.B.E. 8TH DAN

AND

TOP ISHINRYU INSTRUCTORS

.....

NAME.....TEL No.....

CLUB.....LICENCE No.....EKF No.....

£10.00

POST ENTRIES TO P.O. BOX 56 LOUGHTON ESSEX IG10 1PW.
TEL. 0208 532 1990. E – MAIL ticky.donovan@btinternet.com