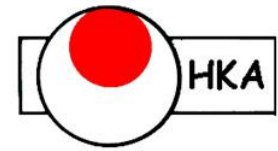


Fife Shotokan Karate Club

presents



Shotokan Karate Course with

Sensei Dave Hazard 7th Dan

Dulloch Leisure Centre, Dunfermline

Saturday 16th & Sunday 17th June

Saturday 16th June:

Class 1: 11.30 a.m.—12.30 p.m.

Kihon Uke Waza (Blocking Techniques)
Brown & Black Belts + 5th & 4th Kyu's

Class 2: 12.45 p.m.— 1.45 p.m.

Kata - Kanku Sho
Brown & Black Belts + 5th & 4th Kyu's

Class 3: 2.00 p.m.— 3.00 p.m.

Kumite (Self Defence) Grabs and Locks
Brown & Black Belts + 5th & 4th Kyu's
followed by Dan grading.

Sunday 17th June:

Class 1: 11.00 a.m.—12.00 p.m.

Kihon Keri Waza (Kicking Techniques)
Brown & Black Belts + 5th & 4th Kyu's

Class 2: 12.15 p.m.— 1.15 p.m.

Kata - Unsu
Brown & Black Belts + 5th & 4th Kyu's

Class 3: 1.30 p.m.— 2.30 p.m.

All grade class.



Course Prices:

Adults:

Single Class £10

One Day (3 Classes £25)

Full Course (6 Classes £40)

Children (under 16) :

Single Class £8

One Day (3 Classes £20)

Full Course (6 Classes) £30

For further details contact Kevin Slaney on 07766 711586 or kevslaney@aol.com