



Japan Karate Academy

[Formerly Shitokai]

In association with JKS - Karate-Kai – and supported by the Scottish Karate Governing Body present the first of two seminars by:

Dr Niall McFarlane: Lecturer in Integrated Muscle Physiology, Faculty of Biomedical & Life Sciences
Glasgow University: Sports Science Department.

1. Renfrew Leisure Centre 26th February:
2. Dunfermline JKS Honbu Dojo 5th March:

Elite Athlete Support Seminar

Venue

Renfrew Leisure Centre
Paisley Road
Renfrew
PA4 8LJ

Saturday 26th February 2011

12.00 – 2.00pm
Cost: Free

Name:

Age:

Grade:

Club:

Address:

Tel:

Declaration & Form of Release: I hereby declare that I am physically and mentally fit to participate in this course. I indemnify the organisers and officials of the said course in respect of any negligence, loss, injury, or damage caused. I fully understand that Karate is a high risk sport and injury is a foreseeable consequence whilst participating in this event.

Sign:

Date:

Parent (If under 16 yrs)

Places are limited: For the Renfrew seminar contact: Terry Connell on 0141 882 4880 or terry.connell@btinternet.com