

Join us for 2 days of comprehensive karate tuition that will focus on improving your practical knowledge of kihon concepts, kata combat strategies, and self defence applications This will include concentrated focus on both kata performance and kumite coaching. Open to all instructors and students 3rd kyu+ (min.16yrs).

Saturday 1st and Sunday 2nd June 2024

Frankton Full Time Dojo 16 Goodfellow Pl, Frankton, Hamilton

Friday - Check in at Distinction Hamilton Hotel

& Conference Centre from 4pm.

Saturday - Training 10.00am - 1.00pm

Training 2.30pm - 5.30pm

Sunday - Training 9.30am - 1.30pm

Final Lunch 2.30pm then depart camp

Cost \$110pp (Full Camp)

Includes 10 hours of karate training over Saturday and Sunday.

Please note accommodation is not included in this price.

Lunch will be provided at the venue on both days. A Saturday evening buffet dinner will be arranged – please arrange payment with your regional instructor.

BLACK BELT CAMP TEE \$35

Available in XSmall to 3XL

Tee's must be ordered & paid for online by Sunday 12/05/24 and will be delivered to you at the camp.

Scan here to place your order. OR visit the address below... gkrkarateshop.co.nz/product/ bbcamp2024tee





CAMP REGISTRATION AND PAYMENT ONLY

Name: D.O.B.:/ Mobile Number: Email: Dietary Requirements:			
PAYMENT: CASH OR PLEASE CHARG	GE MY CARD VISA	MASTERO	CARD
Credit Card Number		Expiry Date	cvv
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