



NATIONAL SEMINAR

13TH OCTOBER 2024
ST JOHNS SPORTS CENTRE
13 MALVERN RD, ST JOHN'S, WORCESTER WR2 4LE

3 POINTS EVENT TOWARDS GRADINGS

SYLLABUS UPDATES WITH
SENSEI ROSS IANNOCCARO

KOBUDO & 6FT BO STAFF
TRAINING

SUBMISSION GRAPPLING
SKILLS & DRILLS

TJKK 44

NAME : AGE :

CLUB : TEL :

HAND COMPLETED FORM AND FEE (CASH OR CHEQUE) TO CLUB COACH
PLEASE MAKE CHEQUES PAYABLE TO: Grapple and Strike Limited

ALTERNATIVELY YOU CAN PAY BY BANK TRANSFER:
PLEASE INCLUDE PARTICIPANTS NAME AS REFERENCE
NAME: Grapple and Strike Limited
SORT CODE: 40 - 26- 08
ACCOUNT NO: 41475967

I ENCLOSE FEE FOR:
ALL AGES £15

JUNIORS
9.30AM - 11.30AM
ADULTS & INTERMEDIATES (14YRS+)
12 NOON - 3PM

LAST DATE OF ENTRY 04/10/24