



# SHIKUKAI KARATE-DO INTERNATIONAL SPRING COURSE & GRADING 2010



CHIEF INSTRUCTOR  
F. SUGASAWA  
SENSEI  
7TH DAN  
RENSHI

29TH, 30TH & 31ST MAY

CRANFORD SPORTS CLUB, EXMOUTH, DEVON

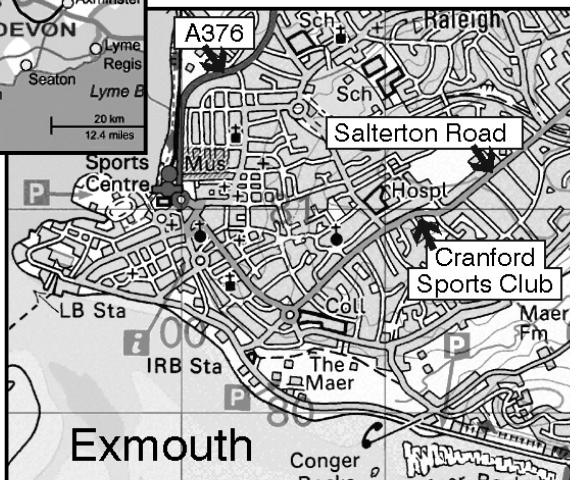
TRAINING TIMES	
SATURDAY 29TH	2PM - 5PM
SUNDAY 30TH	2PM - 5PM
MONDAY 31ST	11AM - 2PM
GRADING	2.30PM

	MEMBERS		NON-MEMBERS	
	Daily	Full Course	Daily	Full Course
ADULTS on door	£19.00	£50.00	£21.00	£55.00
ADULTS in advance	£17.00	£45.00	£19.00	£50.00
17 & UNDER on door	£15.00	£40.00	£17.00	£45.00
17 & UNDER in advance	£13.00	£35.00	£15.00	£40.00
KYU GRADING	£12.00		DAN GRADING	£20.00



Exmouth is well celebrated for its two-miles of golden sand and fascinating rock pools.

A popular holiday destination, Exmouth is only ten miles from Exeter, the capital city of Devon.



**By Road** Leave the M5 at junction 30. Follow the A376 to Exmouth (approx. 10miles).

**By Rail** Exmouth has connections from Exeter St. Davids and Exeter Central stations. For Paddington Exeter to Penzance line information, see the First Great Western website. For information about Waterloo line services, visit the Southwest Trains website.

**By Air** Exeter airport, which makes flights to a wide range of national and international destinations, is about 12 miles away.

**By Coach** Long distance coach: [www.nationalexpress.com](http://www.nationalexpress.com)

**Local Bus Services** [www.stagecoachbus.com/devon](http://www.stagecoachbus.com/devon)

**The Cranford Club** is just a short distance from Exmouth town centre and can be found on Salterton Road heading towards Budleigh Salterton.

**Accommodation** is available both in town and the surrounding area. Contact Exmouth Tourist Information Centre on telephone 01395 222299 or email [exmouth@btinternet.com](mailto:exmouth@btinternet.com)

For further assistance or advice contact F.Sugasawa via the Shikukai website [shikukai.co.uk](http://shikukai.co.uk) / tel 0208 7857715 or Rob Selby (Devon) email [robsebywadoryu@yahoo.co.uk](mailto:robsebywadoryu@yahoo.co.uk) / tel 07850 150934.

## SHIKUKAI SPRING COURSE & GRADING 2010 REGISTRATION FORM

(Please complete in BLOCK CAPITALS)

Name \_\_\_\_\_

Age (if under 17yrs) \_\_\_\_\_ Grade \_\_\_\_\_ Membership No \_\_\_\_\_

Club \_\_\_\_\_

Association \_\_\_\_\_

Instructor \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Tel (home) \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_

Please tick days you wish to attend:

SAT	SUN	MON	GRADING
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> KYU <input type="checkbox"/> DAN

I enclose cheque/postal order for the sum of £ \_\_\_\_\_

payable to: Shikukai  
(All payments should be paid in £ sterling please, Bank Draft or Postal Order)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

(Signature of parent or guardian if applicant is under 17yrs)

Please complete and send this form to:  
Shikukai, 38 Friars Avenue, Putney Vale,  
London SW15 3DU.