

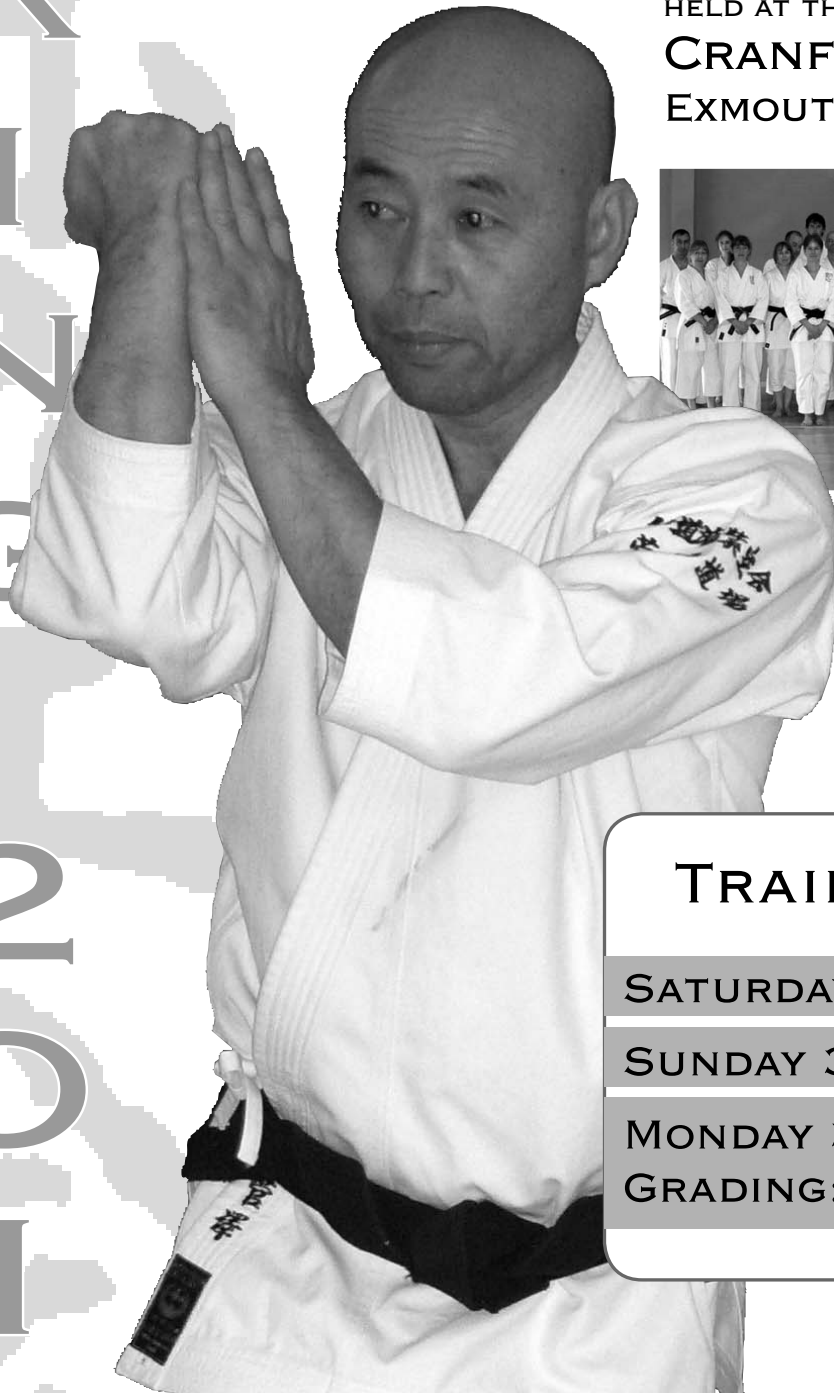
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SHIKUKAI KARATE-DO INTERNATIONAL
SPRING COURSE
AND GRADING 2010

29TH, 30TH & 31ST MAY

HELD AT THE
CRANFORD SPORTS CLUB
EXMOUTH, DEVON



WITH INSTRUCTION BY
SHIKUKAI
CHIEF INSTRUCTOR
F. SUGASAWA SENSEI
7TH DAN RENSHI

TRAINING TIMES

SATURDAY 29TH: 2PM - 5PM

SUNDAY 30TH: 2PM - 5PM

MONDAY 31ST: 11AM - 2PM

GRADING: 2.30PM - 4.30PM

SHIKUKAI.CO.UK

FOR MORE INFORMATION AND A REGISTRATION FORM
CONTACT YOUR LOCAL CLUB INSTRUCTOR, VISIT THE SHIKUKAI WEBSITE OR
TELEPHONE F.SUGASAWA 0208 7857715 / ROB SELBY (DEVON) 07850 150934