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SGKA National Gasshuku & AGM

3rd April 2011

Glenwood High School, Glenrothes

Timetable:

	Time	Activity	Location
Sunday	09:00 -09:25	Registration	Canteen
	09:30 – 10:00	Warm up	Hall
	10:05 – 11:10	Group Training	Hall
	11:20 – 12:20	Group Training	Hall
	12:30 – 13:00	Warm Down	Hall

You will need:

- Valid License
- Gasshuku Fee
- Something to drink & fruit, no fizzy juice please..

and plenty of Karate Spirit..

Costs for training :Senior £4 Junior £3.

THE SGKA AGM WILL BE HELD IN

THECANTEEN 13:10 – 14:40

Please contact your Sensei if you are unable to attend.

FOR DIRECTIONS GOTO WWW.SGKA.CO.UK CLICK ON GLENWOOD DOJO.