

The Federation of Shotokan Karate  
presents



# OPEN SUMMER COURSE

Friday 11th & Saturday 12th May

**Aidan Trimble 8th Dan**  
Chief Instructor of the FSK

Join us for a fantastic weekend of training in the English Riviera!

Torbay Leisure Centre, Penwill Way, Paignton, Devon. TQ4 5JR

## Schedule

Friday	All grades	6.00pm - 7.00pm
Saturday	All grades	10.00am - 11.00pm
	Black and Brown belt	11.00pm - 12pm
	All grades	12.30pm - 1:30pm
	Black and Brown belt	1:30pm - 2:30pm
	South West Kyu grading	2:30pm

**SATURDAY  
EVENING END OF  
COURSE PARTY**  
**£17.00 PP**  
Venue to be confirmed

## Cost

£35 for full course prepaid  
£40 if paying on the day  
Cheques payable to FSK

Further information from The Dojo 01158754212  
or Jacqui 07966362123



## FSK 2018 Summer Course Booking Form

NAME:	<input type="text"/>	DOB:	<input type="text"/> / <input type="text"/> / <input type="text"/>	GRADE:	<input type="text"/>
ADDRESS:	<input type="text"/>				
	<input type="text"/>	POSTCODE:	<input type="text"/>		
TELEPHONE:	<input type="text"/>	EMAIL:	<input type="text"/>		
ASSOCIATION:	<input type="text"/>	DOJO:	<input type="text"/>		

Declaration & Form of Release: I am aware that there is a risk of injury in any karate event. I hereby assume and accept the full risk, danger and responsibility of any injury, damage or loss, which may occur while participating in this summer camp. To the best of my knowledge, my physical and mental condition is adequate for me to participate in this summer course.

SIGNED:  DATE:

PARENT / GUARDIAN IF UNDER 18 YEARS

Please return this form and all cheques to: The Dojo, Humber Works, Humber Road, Beeston, Nottingham, NG9 2ET