

Highland Karate Association

presents

Shotokan Karate Course

Sensei Dave Hazard 7th Dan

Charleston Academy Community Complex Inverness

Sponsored by Inverness Sports Council

Saturday 2nd & Sunday 3rd March

Saturday 2nd March:

Class 1: 1.00 p.m.—2.00 p.m.

Keri Waza (Kicking Techniques)

Brown & Black Belts + 5th & 4th Kyu's

Class 2: 2.15 p.m.— 3.15 p.m.

Kata (Kanku Sho)

Brown & Black Belts + 5th & 4th Kyu's

Class 3: 3.30 p.m.— 4.30 p.m.

Kumite (Kaeshu Ippon)

Brown & Black Belts + 5th & 4th Kyu's

Sunday 3rd March:

Class 1: 10.00 a.m.—11.00 p.m.

Self Defence

Brown & Black Belts + 5th & 4th Kyu's

Class 2: 11.15 a.m.— 12.15 p.m.

Kata (Nijushiho)

Brown & Black Belts + 5th & 4th Kyu's

Class 3: 12.30 p.m.— 1.30 p.m.

All grade class.(Heian Kata)

followed by Kyu grading.



Course Prices:

Adults:

Single Class £10

One Day (3 Classes £25)

Full Course (6 Classes £40)

Children (under 16) :

Single Class £8

One Day (3 Classes £20)

Full Course (6 Classes) £30

For further details contact Ronnie Ross, tel. 01463-831784 or Mob. 0780-3132-871