

A One Day Kata Seminar with Sensei Jonathan Mottram

Following the success of the recent Karate Fun kata seminar in Glasgow, Sensei Mottram has accepted an invitation from [Paisley Karate Club](#) to come back to Scotland for a 1-day all styles kata seminar in Paisley.

Saturday 10th May 2014

The Bield Scout Hall (upper floor)

Broomlands St

Paisley

PA1 2NP24

The sessions are suitable for students of all grades and abilities who are looking to improve their performance and understanding of kata and competitors preparing for the **British Karate Federation 4 Nations 2014 Championships** the following weekend. This is fantastic opportunity to train with a top World Kata competitor and coach.

Saturday 10th May 2014	
Session 1 <i>10.00am – 11.00am</i>	Kata Class (All styles) <i>Children Only</i>
Session 2 <i>11.00am – 12.30pm</i>	Kata Class (All styles) <i>A general class open to all grades</i>
Session 3 <i>1.00pm – 2.30pm</i>	Kata Class <i>GOJUSHIHO (Shito-ryu) & GOJU SHIHO-SHO (Shotokan)</i>
Session 4 <i>2.30pm – 4.00pm</i>	Kata Class (Advanced) <i>(advanced class – all styles)</i>

More detailed information about the seminar; including additional information about each of the sessions, the venue, fees and the online booking form can be found at –

www.karatefun.co.uk/mottram-may2014.html