

# Karate Alba Proudly Presents

## Kata Seminar Sensei Jonathan Mottram



Sensei Mottram is Britain's most successful Kata Competitor and Kata Coach, with over 30 National and International titles, including 3 times Commonwealth Kata Champion, 2 silver and 2 bronze European medals, 17 years English Kata Champion, 12 times British Kata Champion.

### Inverness Royal Academy 8<sup>th</sup> and 9<sup>th</sup> June

|                                   | <b>Saturday 8<sup>th</sup> June</b>                    | <b>Sunday 9<sup>th</sup> June</b>                    |
|-----------------------------------|--|--|
| <b>Session 1</b><br>10.00 – 11.00 | <b>Children's Class</b>                                | <b>Children's Class</b>                              |
| <b>Session 2</b><br>11.00 – 12.00 | <b>Kihon:</b> (All Grades)<br>Building blocks for Kata | <b>Jumping:</b> (for Chatanyara,<br>Unsu, Kanku-sho) |
| <b>Session 3</b><br>13.00 – 14.30 | <b>Kata Class:</b> (Shito-ryu)<br><b>Annan</b>         | <b>Kata Class:</b> (Shotokan)<br><b>Unsu</b>         |
| <b>Session 4</b><br>14.30 – 16.00 | <b>Kata Class:</b> (Shotokan)<br><b>Gankaku</b>        | <b>Kata Performance</b><br>(All Styles)              |

| <b>Juniors (under 16)</b> | <b>Seniors (over 16)</b> |
|---------------------------|--------------------------|
| <b>Full course: £30</b>   | <b>Full Course: £40</b>  |
| <b>One Day: £20</b>       | <b>One Day: £30</b>      |
| <b>One Class: £10</b>     | <b>One Class: £20</b>    |

For further information contact **Dolina Ross: 01463 233083** email: [dolinar@hotmail.co.uk](mailto:dolinar@hotmail.co.uk)

# Jonathan Mottram Kata Seminar

**Saturday 8<sup>th</sup> & Sunday 9<sup>th</sup> June 2013**

Full Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Postcode: \_\_\_\_\_  
Telephone No: \_\_\_\_\_ Age (if under 16): \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Club: \_\_\_\_\_ Style: \_\_\_\_\_  
Instructor: \_\_\_\_\_

**Please indicate ( ✓ ) which sessions you are booking:**

| <b>Saturday</b>  |                  |                  |                  | <b>Sunday</b>    |                  |                  |                  | <b>Enclosed Fee (£)</b> |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|-------------------------|
| <b>Session 1</b> | <b>Session 2</b> | <b>Session 3</b> | <b>Session 4</b> | <b>Session 1</b> | <b>Session 2</b> | <b>Session 3</b> | <b>Session 4</b> |                         |
|                  |                  |                  |                  |                  |                  |                  |                  |                         |

All attendees must hold a valid licence and have adequate insurance cover.

## **Declaration** (MUST be read and signed)

- *I understand that attending the Jonathan Mottram Kata Seminar carries the risk of injury due to the contact nature of the seminar activities and that I willingly accept such a risk.*
- *I understand that due to on-going legislation in relation to child protection parents/guardians will be allowed to photograph/video their own children only. I have no objections to an appointed photographer/videographer taking photographs/video during the seminar and that some of these images may be used on the Karate Alba website.*
- *I understand that the organisers of the seminar will accept no responsibility for any injuries sustained to any person whilst on the premises or any damage or loss of personal property belonging to any person attending the seminar.*

**Signed :** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(A Parent / Guardian must sign where the attendee is aged under 16 years)

*Cheques should be made payable to **Karate Alba** and sent to Dolina Ross, 13 Nevis Park, Inverness, IV3 8RX before closing date of 31<sup>st</sup> May 2013*