

# International Karate Kyokai Presents **ADVANCED SHOTOKAN KARATE COURSE**

## **SAT 28<sup>TH</sup> / SUN 29<sup>TH</sup> November 09**



**Sensei Ken Hassell 6<sup>th</sup> Dan**  
**Sensei John Johnston 6<sup>th</sup> Dan**  
**+Special Guests**



**3 Top International Instructors:**

**Paul Allan 7<sup>th</sup> Dan, Randy Williams 6<sup>th</sup> Dan, Ian Roberts 6<sup>th</sup> Dan**



**Paul Allan**

**Randy Williams**

**Ian Roberts**

**Ken Hassell**

**John Johnston**

**Open to all styles and grades. A variety of aspects of Shotokan Karate will be taught not normally covered**

- Saturday 10am - 5pm Free Buffet lunch will be included**
- Sunday 10am - 1pm**

### **VENUE:**

**SHAFTSBURY SPORTS CENTRE**  
**SHAFTSBURY CRESENT**  
**DERBY**  
**DE23 8NA**

**COST Sat - £30 Sun - £15 Both Days £40**

**Any further information 07791635958/07814613885**

**Email: [elaine-johnston@sky.com](mailto:elaine-johnston@sky.com)**

### **ITINERY**

<b>SATURDAY:</b>	10.00am - 10.15am	Warm Up
	10.15am - 11.15am	Ian - Mixed Martial Arts
	11.20am - 12.20pm	John - Street Defence
	12.25pm - 1.25pm	Randy - Competition Kumite
	1.25pm - 2.30pm	<b>LUNCH</b>
	2.30pm - 3.45pm	Ken - Keri Waza
	3.50pm - 5.00pm	Paul - Kata
<b>SUNDAY:</b>	10.00am - 10.15am	Warm Up
	10.15am - 11.45am	Paul -
	12.00pm - 1.30pm	Ken - Kata