



DUNMOW KYOKUSHINKAI KARATE CLUB

Invites you to their charity



BEACH TRAINING

**SUNDAY 3rd OCTOBER
FRINTON ON SEA
ESSEX**

9.00AM—1.00PM

**£5.00 per students (Minimum you can donate more
if you wish)**

**All Money raised will be donated to
Cancer Research**

**Join Shihan Andrew & Guest instructors,
Kata, Kihon, Renraku**

Self Defence, Bag work and plenty of swimming!!

Don't miss this great experience to train outside!!

Bring the family and make the most of it!!

Rain or shine we will be there



FOR FURTHER INFORMATION

Phone SHIHAN ANDREW 07974094925

Email Andrew.turner491@btinternet.com