



Traditional Karate - Do Federation of Great Britain

presents an open
Traditional Karate course with

Sensei Włodzimierz Kwieciński 7 Dan

President of World Traditional Karate-Do Federation

**Friday 10th - Sunday 12th
April 2015**

Training times and venues:

Friday 10th April:

7pm -9pm – black and brown belts

Venue: UEA Sportspark, University of East Anglia,
Norwich Research Park,
Norwich NR4 7TJ

Saturday 11th April:

12noon - 2pm - all grades and age

4pm - 6pm - seniors

Venue: Peter Paine Sports Centre
Roseberry Ave,
Boston PE21 7QR

Sunday 12th April:

9:00am -11am – seniors

11am – Dan grading

1pm-4pm – squad training – juniors and seniors (with sensei Lukasz Radwanski 3 Dan
and Andrzej Czyrka 3 Dan).

Venue: Peter Paine Sports Centre
Roseberry Ave,
Boston PE21 7QR

Cost: Seniors - £40

Seniors TKFGB Squad Members - £35 seminar + £10 squad training

Juniors – £15

Juniors TKFGB Squad Members - £10 seminar + £10 squad training