



Thames Valley Shotokan Karate

Weekend Training Camp

Saturday 3rd February &

Sunday 4th February 2024

Wokingham Masonic Centre

7 Reading Road, Wokingham, RG41 1EG

Open to all grades - Aged 14 and over





Programme




Saturday & Sunday will comprise of
4, 1-hour lessons as follows:

10.00hrs - 11.00 hrs	11.30 hrs - 12.30 hrs
13.30 hrs - 14.30 hrs	15.00 hrs - 16.00 hrs


All aspects of karate training will be covered
including: kihon, kata, kumite, bunkai, pad drills,
flexibility & ancillary training

Limited to 35 places

Price £65.00 - until 31st January 24 &
then £75.00 - if places are still available



Soft drinks will be available for
purchase at the venue.
Please bring a light lunch with you.



Application Form

info@tvsk.co.uk

for online payment options.

If you wish to pay by cash - please submit form and payment to your instructor by 14th January 2024.

Full Name:	
Date of Birth:	
Contact Tel No:	
Licence No:	
Licence Expiry Date: (Renew if expired)	
Instructor's Name:	
Present Grade:	
Dojo/Club:	
Applicant's Signature: <i>(Parent or Guardian if under 18yrs)</i>	
Date:	

