International Federation of Karate Kyokushinkai Australia Inc (IFKKA)

ABN 48 811 351 579

Fighting Fit Training Seminars with Sensei Mark Mitchell

Day: Sunday 23rd July 2017 **Time:** 10 am to 2.30pm

BYO: your own food / snacks, drinks, your protective gear, and loads of enthusiasm, you are going to have a great day sparring with some of the best.

Cost: $20 -IFKKA members & $30 -Non IFKKA Members –plus Trybooking fee.
Spectators will be charged 1/2 price on the day

Cash Bookings & Online bookings made after Wednesday 19th July will incur a $10 handling fee.

Book with www.trybooking.com or use this link https://www.trybooking.com/290933

Mark comes to us with a wealth of international training and competing experience. The training is designed for those of you who want to expand on your full contact training.

Eligibility: 11yrs & up, all grades. If you are under 11 years & 8th kyu & higher and very interested or is your instructor thinks you are up to this. Speak to your instructor about letting you participate.