

# ISHINRYU OPEN ONE DAY COURSE

BARKING ABBEY SCHOOL  
WOODBIDGE ROAD  
IG119ET

SATURDAY 23<sup>rd</sup> OCTOBER 2010

11am CHECK IN START 11.30 TILL 1o'clock

I HOUR BREAK

2pm TILL 3.30

TRAINING WILL BE TAKEN BY

SENSEI TICKY DONOVAN O.B.E. 9<sup>TH</sup> DAN  
AND  
TOP ISHINRYU INSTRUCTORS

.....  
NAME..... TEL No.....

Address.....

CLUB.....LICENCE No.....Grade.....

£10.00

POST ENTRIES TO P.O. BOX 56 LOUGHTON ESSEX IG10 1DT.

TEL. 0208 532 1990. E – MAIL ticky.donovan@btinternet.com