## LAMBERT GASSHUKU

SENSEI HENRIK LARSEN 8TH DAN IOGKF VICE WORLD CHIEF INSTRUCTOR



23RD-25TH SEPTEMBER 2016

KELTY COMMUNITY CENTRE

112 MAIN STREET, KELTY, FIFE KY4 OAQ
CONTACT: SENSEI BRIAN MALCOLM
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SCOTTISH GOJU-RYU KARATE-DO ASSOCIATION

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# SENSEI HENRIK LARSEN 8th Dan logkf

RATES	Gasshuku	Per session
Yudansha	£60	£30
Dan-Ho	£50	£30
Senior Kyu	£50	£30
Cadet Kyu	£35	£25
Junior Kyu	£30	£20
NON IOGKF £5	per day extra.	

Sayonara Dinner £15 deposit



**TIMETABLE** 

**Friday Kyu Grades** 18:00-19:00

> Yudansha 19:00-21:00

Saturday All 10:00-14:00

Sayonara Meal: 19:00-21:00

Sunday 10:00-14:00 All

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#### GASSHUKU INFORMATION

This years Gasshuku will be held in Kelty Community Centre. The Centre is on Main Street, Kelty and is easily found, Postcode KY4 OAQ.



The Centre was only opened this year and has many facilities, changing rooms and ample parking: <u>DIRECTIONS</u>

#### HOTELS

With the Gasshuku being held close to the M90, there are many options fro those looking for a hotel, Dunfermline is the closet City and offers <a href="Premier Inn">Premier Inn</a>, <a href="Travelodge">Travelodge</a>, <a href="Holiday Inn">Holiday Inn</a> as well as many others to suite your taste and Budget.

### MORE INFORMATION

If you require any further information or assistance please contact Brian, details below.

#### DISCLAIMER

Participation at the Lambert Gasshuku is only possible by accepting that you fully accept and understand the risks involved and that you, or anyone else, cannot hold anyone, or party, responsible for any and all damages, injuries or losses you may sustain or incur while attending, during and after this event.

COMPLETED FORMS SHOULD BE SENT TO

BRIAN@SGKA.CO.UK

YOU CAN ALSO CONTACT BRIAN ON 07598 950 787

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