



EGKA



Southern and London Region

ADULT KATA COMPETITION

on Sunday, 3rd July 2011

Every adult (4th Dan and below) in the Southern and London regions are invited to enter into this Kata Competition to be held at the Littledown Centre, Bournemouth on Sunday afternoon, 3rd July 2011.

"I can understand why some adults don't enter kumite competitions, but putting yourself under the kind of competition pressure that comes with stepping out on the mat before five judges serves to really lift your kata standard and prepares you for your next grading. So, if you're 16 or older, no matter how good or bad you think you are; no matter how old or young you feel you are ... I expect to see you on that mat on Sunday." – Sensei Ernie

Venue:

Littledown Sports Centre
Chaseside,
Bournemouth,
BH7 7DX
Tel: 01202 417600

Sunday Programme:

12:00 Warm-up
12:30 Competition
16:00 Retire to the terrace bar for a social drink.

The competition entry fee is £10.00
(payable on the day)

Visit the EGKA website 'Events' page to enter

www.egka.org.uk