



Are proud, on Saturday 15th November, to host...

Jack Somers

**Current Senior European
Individual Kata Champion**

**Current World Junior
Team Kata Champion**



**Cadet Individual Male
European Kata Champion**

**3x Junior European Team
Kata Gold Medallist**

ICHIBANclubs.co.uk

All grades	09:00-10:30	Competition kata and bunkai
All grades	10:35-11:35	Technical class - tips to help improve speed and power
Dan grades	11:40-13:10	Technical kata and bunkai

£8/session; £15 for 2 sessions; £20 all sessions

Falmer Sports Centre, University of Brighton, Village Way, Brighton, BN1 9PH

KUGBO 
SHOTOKAN KARATE