


Atarashii Yoake Karate Jutsu Kai

Fanshawe Hall, Barnmead Road, Dagenham RM9 5DX

Kumite afternoon	Sunday 12th April from 1pm
	<p>Learn how to spar Kumite Techniques How to use control</p> <p>Book your place by emailing this form to: kumite@aykj.co.uk</p> <p>Cost is £10.00 (included if you are on a monthly Unlimited plan)</p>

Full Name	
Email Address	
Phone Number	

Tick	Item	Club Price
	Mitts <i>Blitz PU Elite Mitt Without Thumb</i>	£10.00
	Shin Guards <i>Blitz Elastic Shin & Instep Pads</i>	£10.00
	Gum Shield <i>Shock Doctor Gel Max Gum Shield</i>	£10.00
	Groin Guard <i>Blitz Deluxe Male Groin Guard</i>	£10.00
	Breast Guard <i>Blitz Female Cool Guard - Sports Bra & Insert</i>	£30.00
	Package 1 <i>Includes Mitts/Shin Guard/Gum Shield/Groin Guard</i>	£35.00
	Package 2 <i>Includes Mitts/Shin Guard/Gum Shield/Breast Guard</i>	£55.00

Pre-booked safety equipment will be available on the day for collection & use