



ADVANCED TRAINING WORKSHOP

VENUE: WU LIN RETREAT Martial & Healing Arts Centre Lancefield

DATE: SUNDAY MAY 16TH

TIME: 1-5 PM (afternoon tea will be provided during break)

Please bring along protective equipment, water bottle and sweat towel.



Presenter James Sumarac 7th Dan (Kyoshi)

Restricted to Brown and Black Belts.

THEME: "CONNECTING FORM AND FUNCTION".

COST: \$50 (gst incl.)

NB// All monies raised is preliminary fundraising for Japanese guest Instructors 2011.