

National Squad Training  
**Karate England**  
**A New Way Forward**

Open to all Karate Associations  
We welcome you to an open squad session  
Kata/Kumite

Sunday 14 February 2010

At

**Loughborough Leisure Centre**  
**Browns Lane**  
**Loughborough LE11 3HE**

Registration 10.30 pm / Squad session 11pm – 4pm

Fee: £10

10/11/12/13/14 yrs boys/girls

Cadet Squad 15/16/17 yrs male/female

Junior Squad: 18-20 yrs male/female

Senior Squad: 18 yrs plus male/female

**Note:** You must be nominated for any selections for KE squads by your association/federation.

For further details contact Abdu Shafer on: 07770546810

NAME .....MALE/FEMALE.....GRADE.....

ADDRESS .....

.....POSTCODE.....

D.O.B.....AGE .....EXACT WEIGHT .....

Mob.....Email.....

ASSOCIATION.....

**THIS TRAINING SESSION WILL USED TO EVALUATE THE LEVEL OF ALL COMPETITORS ATTENDING WITH A VIEW TO DEVELOP STRONG SQUADS FOR WORLD AND EUROPEAN CHAMPIONSHIPS NEXT YEAR.**

Training will be in Karate Gi plus usual protective equipment while training shoes will also be required, no t-shirts or jewellery will be allowed.

Please email this form back to [abdushah@aol.com](mailto:abdushah@aol.com) before 10 February 2010