



COMPETITION ENTRY FORM



SATURDAY 20th FEBRUARY 2010

Sewell Park College Sports Centre, Constitution Hill, Norwich, NR3 4BX

Registration: 9:30am

Competition Starts: 10:15am

Name _____ (M / F) Age _____

Grade _____ belt / _____ KYU Height (over or under 5ft)

Individual Kata (£6.00 per entry)

Individual Kumite (£6.00 per entry)

Team Kata (£15.00 per team)

Team Name _____

Team Members; 1) _____

2) _____

3) _____

Amount enclosed £ _____

Please return this entry form and entry fee to your club administrator by Monday 15th February 2010.

Eastern Shotokan Karate Association

Sapphire House, Roundtree Way, Norwich. NR7 8SQ

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