

15 years old
plus.

WAKO K1 Rules



& Full Contact Seminars

Two seminars brought to the London area by Master Cris Janson-Piers the head of all WAKO Ringsports. Designed to suit all levels, the first seminar will be open to members of the public with the second being a private one. Seminar prices are £20 per person per seminar. These will be practical application sessions with controlled sparring to Finish.



WAKO Ringsports Trials

This years GB team selections will be finalised at this trial, set here all under one roof. Anyone who wishes to attend both days will receive a discount. WAKO GB Trials are £10.00 and the seminars are £20.00 each. 1 trial and 1 seminar costs £25.00.



**Book your place by calling 07973 748907
or emailing crisjansonpiers@googlemail.com**

VENUE:

5 Elements Martial Arts
Unit 13, Adams Business Centre
Cranes Farm Road
Basildon
Essex, SS14 3JF

Sat 29 May 11-13.00hrs

Open K1 & F/C Seminar

Sat 29 May 13.30-15.00 hrs

Private K1 & F/C Seminar

Sun 30 May 1-3.30hrs

WAKO Trials all Ringsports

PLACES ARE LIMITED SO PLEASE HURRY!