



Jumping/Flying/Kicking Seminar

Wellington

Saturday 8 October

3.30pm – 6.00pm

Includes coloured belt grading kicks

Learn from Coaches to World Champions

Mr Jon Sawden, Master Rocky Rounthwaite

Berhampore School Hall, corner Britomart and Stanley Sts, Berhampore Wellington

Yellow belts and above

\$20 individual, \$35 family of two or more

(Attend the power breaking seminar beforehand and receive a 50% discount on this seminar)

Pre seminar registration required at <http://itkd.co.nz/events/register/event.php>

(Pay on the day)

Photos include – Carlie Dann, Mark Rounthwaite, Jon Sawden
Nichola Tse, Master Rocky Rounthwaite