



Jumping/Flying/Kicking Seminar

Palmerston North

Sunday **9** October

3.30pm – 6.00pm

Includes coloured belt grading kicks

Learn from Coaches to World Champions

Mr Jon Sawden, Master Rocky Rounthwaite

Venue to be advised

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