



CHASE WADO KAI

Presents a seminar with

SENSEI BARRY WILKINSON 7th DAN ENGLAND WADO-KAI

at

Cheslyn Hay Leisure Centre, Saredon Road, Cheslyn Hay, WS6 7JQ
Saturday 3rd October 2009

A

10.00AM TO 11.50AM - 5TH KYU AND BELOW

This session will be overseen by Sensei Barry Wilkinson and will consist of Traditional Wado-kai standardised techniques including - Kihon Tsuki - Kihon Keri - Kihon Waza
Renraku Waza - Pinan Kata

B

12.05PM TO 12.55PM - ALL GRADES - LIGHT SPARRING

This session will be overseen by Sensei Dave Jillings and his team of CWK Instructors. This is not a squad kumite session, but more of an introduction and reinforcement of light sparring and exchange of technique using Wado principles. This session is designed to improve all levels of ability.

C

1.10PM TO 3.00PM - 4TH KYU AND ABOVE

This session will be overseen by Sensei Barry Wilkinson and will include - Tobikomizuki
Nagashizuki - No Tsukomi - Kushanku - Naihanchi - Chinto - Seishan - Kihon Gumite

COSTS

FOR SESSION A - £10

SESSION B - WILL BE FREE OF CHARGE IF YOU ARE TRAINING IN AT LEAST ONE OTHER SESSION

SESSION B ONLY - £5

COST FOR SESSION C - £10 | COST FOR BOTH SESSIONS A AND C - £20

Visit www.chasewadokai.co.uk for more details

Name:

Contact number:

Session A-B-C:

Total Cost:

All cheques made payable to - Chase Wado Kai

Send to: David Jillings, c/o Chase Wado Kai, 11 Marigold Close, Heath Hayes, Cannock, WS11 7FP
Tel: 01543-275011 Mob: 07946 611 931



DIRECTIONS TO

Cheslyn Hay Leisure Centre, Saredon Road, Cheslyn Hay, England, WS6 7JQ

Leave M6 Motorway at Junction 11

If travelling south, take the first exit onto the A460

If travelling north, take the third exit onto the A460

At 1st island turn right

At 2nd island turn right

Cheslyn Hay leisure centre is approximately half a mile on the right hand side

