

JAN '20
6



**FITNESS & self-defense
ASPECTS of traditional
Iogkf karate**

SEMINAR CONDUCTED BY PERVEZ MISTRY AND SENIOR INSTRUCTORS
AT THE AMERICAN SCHOOL BKC
TIME: 4:30 TO 5:30 PM
TRAINING GEAR : TRACK PANTS AND T-SHIRTS

- 1. THE COURSE WILL BE RESTRICTED TO MAXIMUM 50 PARTICIPANTS
 - 2. THE COURSE IS OPEN TO MEN AND WOMEN
 - 3. THE PARTICIPANT SHOULD BE OF AGE ABOVE 18 YEARS AND SHOULD CARRY AN ID PROOF
 - 4. REGISTRATION AMOUNT IS RS 1000/= PER PERSON
- CONTACT DETAILS;
MS HANOVAR WADIA : +91 9004944333 EMAIL; hanovarwadia@gmail.com
WEB SITE: WWW.IOGKF.IN

..... TEAR HERE.....

NAME :
AGE:
MOB:
EMAIL:

ANY PHYSICAL AILMENTS PLEASE TICK: YES. NO
IF YES WHAT KIND OF PHYSICAL AILMENTS. (WRITE IN BRIEF)