

KAZEN KAI

SELF DEFENCE CLASSES

**MAKE SURE TO BOOK EARLY AS SPACES FILL UP QUICKLY!
NO EXPERIENCE REQUIRED**



DATES & TIMES

BRENTWOOD: 19th February, 9th April,
28th May, 29th October

CHELMSFORD: 18th February, 8th April,
27th May, 28th October

£10 PER CLASS

11:30AM - 12:30PM ON ALL DATES

**VENUE ADDRESSES AND MORE
INFORMATION OVERLEAF**



SELF DEFENCE COURSE BOOKING FORM 2019

Please fill in both sides of the tear off slip and return to your instructor or the address below with the enclosed fee.

Kazen Kai Martial Arts Centre, Bannister Drive, Brentwood, Essex, CM13 1YX

Name:

Address:

Postcode:

Contact Telephone number:

Email:



GENERAL INFORMATION -

- These courses are open to all abilities, no previous experience is required, but is welcomed
- No membership with Kazen Kai is required.
- Light refreshments will be available to purchase.
- The self defence techniques taught will provide you with an invaluable insight into how to effectively defend yourself.

VENUES -

Brentwood: Kazen Kai Martial Arts Centre, Bannister Drive, Hutton Poplars, Brentwood, Essex, CM13 1YX

Chelmsford: Kazen Kai Martial Arts Centre, Beehive Business Centre, Beehive Lane, Great Baddow, Chelmsford, Essex, CM2 9TE

PLEASE NOTE that spaces are limited, so don't delay booking your place.

Please tick the date(s) you will be attending:

BRENTWOOD

- 19th February
- 9th April
- 28th May
- 29th October

CHELMSFORD

- 18th February
- 8th April
- 27th May
- 28th October

Fee enclosed: £

- £10 per session
- Cheques mde payable to 'Kazen Kai'
- To pay by card please call: 01277 262800