**Dear Sensei’s students and parents,**

We are inviting all Senseis and your dojo members to a special Spring Morning Karate Training session, open to all belt levels.

This joint training event is a wonderful opportunity to come together as a Goju group, share knowledge, expertise, skills, and celebrate our long-standing experience in traditional Goju Ryu Karate and self-defense.

Event Details: **Venue Mellow Oaks Academy.**

Date: **6th September 2025**

Time: (morning session) 08.30 am - 10.00 am for all white, yellow, and orange belts, 10.00 am - 12.00 pm for all green to black belts.

Cost: **R250.00 per person**

Physical Address: **8 Van Staden Road, Roodepoort 1724**

All levels: from white to black belts, everyone is welcome!

Training Focus: Kihon, Kata, Kumite drills, strength and conditioning, and more.

Please join us in making this spring training session a memorable and enriching experience for all. We encourage dojos to bring their students and instructors, fostering camaraderie and mutual growth.

Looking forward to training together and strengthening our Karate spirit!

Declaration

I, the undersigned, in my capacity as father/mother/guardian/my capacity\*, do hereby indemnify and hold harmless the International Shorei Martial Arts Academy, the organizer’s or anyone else involved in any way with the event, from any death, injury, disability and all claims, causes of action, losses, damages, costs, expenses (including but not limited to attorney’s fees), either known or unknown, now existing or arising in the future that I may have of whatever kind or nature, which I/my child mentioned below\* may suffer as a results of my/his/her\* participation in any International Shorei Martial Arts Academy event (tournament, grading, gasshuku’s etc.). I acknowledge that the involvement of myself/the child above\* in any of the events is on my/his/her\* own free will and is at own risk. I further agree that any pictures taken of or by me/him/her\* in connection with the event can be used by the association for publicity or promotion without compensation to me/him/her\*.

(Parents or guardians to sign for applicants under 18 years)

Signature………………………………………………………………………………………………………     Date……………………………………………………………………………………

Best regards,

Shihan Arnold de Beer.

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Arnoldjdb@gmail.com