



**THE
KARATE
INSTITUTE**

空手道

FIGHT DAY KUMITE



**SUNDAY
27
MARCH**

(SPARRING WITH PROTECTIVE EQUIPMENT)

7:30 AM Setup and Gear-up, 8:00 AM Start

Students required to setup and pack away. These sessions are designed to get students confident with sparring. It is well supervised and protective equipment is used. Don't let your fear stop you.