



FREE SPECIAL KARATE COURSES



CAN DO MARTIAL ARTS MEMBERS ONLY

Can Do Martial Arts proudly presents a unique & exciting series of FREE Karate courses

As a way of thanking our students for their hard work and commitment, Sensei Ben would like to share his experiences and knowledge with you.

Sensei Ben Richardson, chief instructor at CDMA, will be demonstrating and teaching a number of concepts and approaches aiming to enhance your karate knowledge and present you with the opportunity to develop your training in a new direction.

The series of courses will look at how you can use and apply:

1. Competitive kumite training methods and principles,
2. Bunkai Course - How Kata can be applied as a practical self- defence method (what's not in the syllabus but is!)
3. Combative Karate - the link between karate, self protection and other martial arts.

When & Where

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| 1. Sunday 9th October | Henley Leisure Centre 1 - 3pm |
| 2. Sunday 20th November | Didcot Willowbrook Leisure Centre 1 - 3pm |
| 3. Sunday 18th December | Abingdon White Horse Leisure & Tennis Centre 1 - 3pm |

Open to all students **BOOKING REQUIRED.** Please email: virginia@candomartialarts.co.uk

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MARTIAL ARTS

Sensei Ben Richardson is a 3rd Dan in Shotokan Karate and has been a Black Belt and instructor for 16 years. Ben has competed competitively since the age of 12, though his most recent successes have been winning the KUGB Southern Region Championship in 2011 (1st Kumite, 3rd in Kata) and achieving a place on the KUGB England Kumite Team for a 4th consecutive year. Over the last 10 years Ben has studied and achieved Black Belts in Jeet Kune Do, Filipino Kali and Jun Fan Gung Fu. He also holds instructorships under the KUGB, Jeet Kune Do & Kali International, T.T.F and P.F.S martial arts training organisations. Ben is qualified in Personal Close Quarter Protection and travels extensively to train with the worlds leading martial artists.