



國際松濤館空手連盟

松濤館空手道

SHOTOKAN KARATE DO

Special 3-day Karate Open Course & Dan Grading

with

Grand Master Okazaki Sensei, 10th Dan Chief Instructor of the

International Shotokan Karate Federation

direct student of Gichin Funakoshi, father of modern karate,
and most senior Shotokan karate instructor

(video of Okazaki Sensei talking about karate) http://uk.youtube.com/watch?v=jVDe056ERMM&feature=channel_page
www.iskf.com



17 – 19 April 2009 London, England

Proudly hosted by the ISKF United Kingdom

www.sobellkarate.com

For more information, please contact:

iskfuk@yahoo.co.uk

Tel: ++ (0) 7957630463 - Moussaoui Sensei

Course Application Form

First name:	_____	Surname:	_____
Address:	_____	Senior:	<input type="checkbox"/>
	_____	Junior:	<input type="checkbox"/>

Postcode:	_____		
Email:	_____	Contact no:	_____
Grade:	_____	Association:	_____

For ISKF UK members only

If you wish to grade, please indicate your grade: _____

Which days do you wish to attend? Friday Saturday Sunday

Amount enclosed: £ _____

Please make all cheques payable to:

ISKF UK

Please return this form and payment to:

**ISKF UK Administration Office
P.O. Box 62685
London
EC1P 1PP**

Course Information

Venue: Sobell Leisure Centre
Hornsey Road
Finsbury Park
London N7 7NY
England

www.aquaterra.org/sobell-leisure-centre.aspxfind-us.aspx

Training times:

Friday, 17 th April	7 – 9 pm
Saturday, 18 th April	2 – 5 pm
Sunday, 19 th April	10am – 1pm

Dan grading: Sunday, 19th April from 3pm

Grading examiner: Okazaki Sensei, 10th Dan

Price: £30 deposit required to secure a place

1 day £30

2 days £50

3 days £60

Cash only on the day

Please book in advance to avoid disappointment – places are limited!

How to find Sobell Leisure Centre:

Hornsey Road | London | N7 7NY

Tube

- Finsbury Park Underground (Piccadilly and Victoria Lines) is a 9 minute walk from the centre.

Train

- Finsbury Park Station is a 9 minute walk from the centre.

Bus

- Number 91 stops right outside Sobell on Hornsey Road when it is heading south. Heading north it stops in Holloway Road, 4 minutes from the centre.
- Numbers 43, 17 and 271 stop on Holloway Road, 6 minutes from the centre.
- Numbers 4, 29, 153, 221, 253, 254, 259 and 279 all stop right outside the centre on Isledon Road when heading west and on Holloway Road, 5 minutes from the centre when heading east on Seven Sisters Road.

To find your most convenient public transport link, visit the [TFL Journey Planner](#).

Car

- For details on how to drive here please go to [RAC Route Planner](#).

There is a large car park that must be entered from Hornsey Road. Discounts are available for members using the centre.



Accommodation in Islington, London

Hilton Islington

53 Upper Street, London, United Kingdom N1 0UY

Tel: 44-207-354-7700 Fax: 44-207-354-7711

www.hilton.com

Jury's Inn Islington

60 Pentonville Road, London, N1 9LA, England

Tel: (+44 20) 7282 5500 Fax: (+44 20) 7282 5511

<http://www.jurysinns.com/>

Thistle City Barbican, Central Street, Clerkenwell, EC1V 8DS

Phone: UK 0871 376 9004 / Int +44 870 333 9101

Fax: UK 0871 376 9104 / Int +44 870 333 9201

<http://www.thistle.com/hotels/barbican/>

Premier Inn Kings Cross

26- 30 York Way

King's Cross

London

N1 9AA

T: **0870 990 6414**

F: **0870 990 6415**

<http://www.premierinn.com/pti/home.do>

Premier Inn Euston

1 Dukes Road

London

WC1H 9PJ

T: **0870 238 3301**

F: **020 7554 3419**

<http://www.premierinn.com/pti/home.do>

Citadines London Barbican

7-21 Goswell Road

London EC1M 7AH

GREAT BRITAIN

<http://www.citadines.com/uk/london/barbican.html>

Travelodge

Kings Cross

City Road EC1

<http://www.travelodge.co.uk/>

Holiday Inn

LONDON-KINGS CROSS/BLOOMSBURY

1 KINGS CROSS RD

LONDON, WC1X 9HX ENGLAND

www.holidayinn.co.uk

More information on www.booking.com – hotels and B&Bs in Islington, London