

# ADAPTIVE KARATE SEMINAR

With John Johnston, 6th Dan

Effective use of Karate techniques adapted for self protection & street defence. A must for serious martial artists from any background, novice to Dan grade, MMA, Boxing, all styles, etc. All welcome...

Sunday September 19th  
12 - 2pm £15.00 per person

Dev Barretts Dojo  
The Forum Buildings  
11 Longfellow Road  
Coventry  
CV2 5HD

Sunday October 17th  
12 - 2pm £15.00 per person

John Skillen Martial Arts  
and Fitness Centre  
18 Pinfold Gate,  
Loughborough,  
Leicester  
LE11 1BE



For all enquiries contact: 07791 635958  
or email [j.johnston@adaptivekarate.com](mailto:j.johnston@adaptivekarate.com)  
Visit our website [www.adaptivekarate.com](http://www.adaptivekarate.com)

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