



Saturday 29. June 2024 / 12:00 am - 4:00 pm  
Sunday 30. June 2024 / 11:00 am - 3:00 pm

**OPEN TO EVERYONE**

**TRAINING PLACE**

Sewell Park Academy Norwich  
St Clements Hill  
NR3 4BX Norwich

**TRAINING GEAR**

Sticks ▪ Training Knife ▪  
Boxing Gloves ▪ Focus Gloves  
Shin Guard & Mouth Guard  
& Martial Art Uniform

**INFO & REGISTRATION**

Mark Coumbe  
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www.norwichjkdandkali.co.uk

**FILIPINO MARTIAL  
ARTS**

**SILAT BELADIRI  
URBAN SELF  
DEFENCE**

**DAKILANG GURO  
JEFF ESPINOUS**



**NORWICH**



**UK**

