

The Traditional Association  
of Shotokan Karate



**Invite you to**

# The 30<sup>th</sup> T.A.S.K. Karate Championships

Ousedale School, Aspreys, Olney. MK46 5LF

On Saturday 22nd June 2019

12 noon – 5.00pm

## Events

**Team Kata**  
Juniors and Seniors

**Team Kumite**  
Seniors only

**Individual Kata**  
Juniors and Seniors

**Individual Kumite**  
Seniors only

**Black Belt Demonstrations**

**Fantastic medals to be won.  
Don't miss this great day out!**

Admission (participants) – Juniors £5, Seniors £6  
Admission (spectators) - £5 a family