

O.N.A.K.A.I

Official National Amateur Karate Association of Ireland



SUMMER ALL STYLES GASSHUKU

Sunday 27th June. ALSAA Sports Centre, Dublin Airport

Morning Session 10am to 1pm. Afternoon session 2pm to 5pm

Adults €25 per session. Juniors €10 per session

This Summer ONAKAI will be running an All Styles Gasshuku. An opportunity to train with some of Irelands top instructors. There will be something for everyone, whether you are Sport Karate or Traditional.

Each style of Karate will be represented on the day, so if you are Kenpo, Wado Shito Ryu or Shotokan, there will be a class available

People travelling from outside Dublin will be given preference to book the morning session

Contact Dermot O'Keeffe for full details

Phone : 087-8073885 Email : dermot@hokubudojo.com

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Gasshuku Training Schedule

	Area 1	Area 2	Area 3
10am -11am	Derek Desmond	Dermot O'Keeffe	Michael Burke
11am-12pm	Derek Desmond	Dermot O'Keeffe	Michael Burke
12pm-1pm	Mark Sheridan	Michael Hogan	Leo Mulvaney
2pm-3pm	Mark Sheridan	Michael Hogan	Leo Mulvaney
3pm-4pm	Oliver Carolan	Paul Brennan	Robbie McGrath
4pm-5pm	Oliver Carolan	Paul Brennan	Robbie McGrath

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