

**WEAPONS SEMINAR on Sunday 21<sup>ST</sup> February, 2010  
in Poole, Dorset.**

**Paul McGlone Sensei, 6<sup>th</sup> Dan**



will be teaching this seminar at the

**Rossmore Leisure Centre, Herbert Avenue, Poole, Dorset, BH12 4HR**

Class Times as follows:

Sunday 10:00am to 5:00pm

Costs:

£27 if paid in full by 5<sup>th</sup> February, otherwise £30

**Please note that hakama may be worn only by dan grades, or by 1<sup>st</sup> kyu with special permission.**

You can bring your own lunch or there is a Tesco Express less than 5 minutes walk from the centre, and the choice of larger Tesco or Sainsbury stores within a mile.

Should you wish to stay overnight before or after the Seminar, lists of overnight accommodation can be provided, or you can find further information on the area and available accommodation online at [www.pooletourism.com](http://www.pooletourism.com)

**Please bring bokken and jo, and proof of current valid insurance.**

Remember - NO INSURANCE, NO TRAINING !!