

TEAM MMK KARATE CAMP 1

Children u/14, Cadet (14/15),
Jnr (16/17) & Seniors (18+)



Full Karate Suit (GI) & Belt,
Running Shoes, Cap, T-shirt,
Shorts, Full Equipment

11 JAN 25

SATURDAY

08 - 02

AM PM

MMK HQ

6 PLUTO AVE

R 250



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MMKI - HQ: 6 Pluto Avenue, Wilropark, Roodepoort

MMKI - Noordheuwel: 12 Sneeuwberg Ave, Noordheuwel

MMKI - Witpoortjie: Witpoortjie Recreation Centre

2025 MMK TRAINING CAMP 1

CHILDREN (7-13), CADETS (14/15), JUNIORS (16/17), SENIORS (18+) & VETERANS/MASTERS

Dear parents and students

As is tradition the club will be hosting its FIRST elite training session for the year. This will kickstart our elite squad's preparation for the 2025 Season and will take place on the 11th January 2025.

Please make sure that you read the following information carefully regarding you/your child's participation and ensure that the following matters are addressed.

CAMP INFORMATION

VENUE: Morgan Moss Karate – HQ, 6 Pluto Avenue, Wilropark
DATE: Saturday, 11 January 2025
COST: The cost of the camp is R250 and is payable in cash on or before the day of the camp. NO EFT. Payment after the camp will be R 300.
DRESS: Full karate suit (Gi) and belt, running shoes, cap, T-shirt, shorts, full equipment
TIME: Saturday **(08:00-14:00)**

Saturday

08:00 – 10:00 (ALL)

10:30 – 12:00 (ALL)

12:45 – 14:00 Cadets, Juniors & Seniors Only

Important Dates:

Jan 11 MMK Camp 1
Jan 18 MMK Camp 2
Jan 25-26 KSA Trials (12/13, Cadets (14/15), Juniors (16/17), Seniors (18+)
Feb 1-2 GKF Trials, Johannesburg
Feb 21-23 KSA Nationals, U/21, Seniors, Veterans, Mpumalanga
Mar 1 MMK Camp 3
Mar 7-9 KSA Nationals, Childrens, Cadets, Juniors, KZN
Apr 11-13 KSA League Championships, Bloemfontein

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