

**Seminar with**  
**Sensei Terry Wingrove**  
**9<sup>th</sup> Dan Karate 9<sup>th</sup> Dan Ju-jitsu**

**Leeds Shinseido** and  
the **Kaizen Martial  
Arts Academy**  
present a seminar with  
Sensei Terry Wingrove.

Sensei Wingrove  
trained in Japan for 21  
years, with some of  
the great masters of  
Japanese & Okinawan  
martial arts. He now  
teaches authentic old  
style Yawara (Jujitsu)  
& Karate-jutsu  
throughout the world.



**Where:** **Kaizen Martial Arts Academy, Swinnow Grange Mills,  
Stanningley, Leeds, LS13 4EP.**

**When:** **10.30 am – 4 pm Saturday 8th October 2011**

*Doors open 10 am, please arrive in time to register and be on the mat,  
warmed up by 10.30 am*

**Cost:** **£15 (includes buffet lunch)**

**All profits will be donated to the Richard House Children's  
Hospice**

*For further details or to book a place contact:*

Mike Flanagan 07939 506340  
**[www.headingleykarate.org](http://www.headingleykarate.org)**

OR

Jim Reece 0113 2690383  
**[www.kaizenmartialarts.co.uk](http://www.kaizenmartialarts.co.uk)**