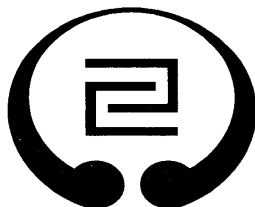


**INTERNATIONAL OKINAWAN GOJU-RYU KARATE-DO
FEDERATION**

國際沖繩剛柔流空手道連盟

(Australia)

**IOGKF GOULBURN
SENSEI PAUL PARLETT
88 CITIZEN ST
GOULBURN NSW 2580
0418 482282, 0248 220264
learnkarate@bigpond.com**



**DOJO ADDRESS
SCHOOL HALL
GOULBURN PUBLIC SCHOOL
BOURKE STREET
GOULBURN NSW 2580**

Instructors and students,

The 2010 National Gasshuku is being held Friday 14 May to Sunday 16 May in Goulburn and is being hosted by Sensei Paul Parlett. Our guest instructor for the Gasshuku is Sensei Bakkies Laubscher from South Africa.

Sensei Bakkies is currently one of the IOGKF's senior members and a 8th Dan. He has been practicing karate since 1963 and Goju Ryu since 1966. Since 1984 Sensei Bakkies Laubscher, Higaonna Sensei's most senior student worldwide, has been the Chief Instructor and has been instrumental in establishing classical, non-tournament, Goju Ryu karate in South Africa.

There will be two training sessions held at the Saint Saviours Church hall in Bourke Street.

Friday 14 May	Morning Session: 11am to 12.30pm	4th Dan and above
	Afternoon Session: 2pm to 4pm	Sho Dan and above

All other sessions will be held in the hall at Goulburn High School, corner of Goldsmith and Deccan St Goulburn.

Friday 14 May	Evening session: 6pm to 8pm	All grades and ages
Saturday 15 May	Morning session: 9am to 10am	3 rd Dan and above
	Registration 10am to 10.30am	All attendees
	2 nd Morning session: 10.30am to 12.30pm	All grades and ages
	Afternoon session: 2pm to 4pm	All grades and ages
Sunday 16 May	Morning session: 8.30am to 9.30am	3 rd Dan and above
	2 nd Morning session: 10am to 12pm	All grades and ages
	Afternoon session: 1pm to 2.30pm	Adults and Juniors 5 th kyu and above

On Saturday evening there will be a dinner held at the Lilac City Steakhouse. The cost of the two course meal is \$35 per person which must be paid in full before May 6. Seats are limited to 60, so it will be first paid, first seated. There is a menu attached, please make your selection on the menu and return (with payment) to Sensei Paul Parlett. Please contact Sensei Paul Parlett if you would like to attend the dinner but have special dietary requirements (such as allergies/vegetarian) as arrangements can certainly be made to cater for you.

Accommodation is available at the Lilac City Motor Inn, Lagoon Street Goulburn. Room sizes are available from queen/twin/single rooms up to family rooms that can sleep four. Please contact Don or Joanne on 4821 5000 and advise that you are attending the Gasshuku when booking as they are discounting the room rate for the IOGKF group.

If you have any further questions, please speak to your instructor or contact Sensei Paul Parlett on 0418 482282 or learnkarate@bigpond.com

Note: Please make any cheques, either for dinner or the registration fee, out to Paul Parlett.