

TKF Open Squad
(Provisional Set Up)

TKF are pleased to announce that we will be holding squad as an open training session once a month. Normally TKF would hold a TKF Squad Trial for members to trial and attempt to gain a place on the TKF A and B Squad.

As the circumstances have changed this year and restrictions have forced TKF to change the structure we are opening the TKF Squad to allow students who may not have had squad or competition experience to train alongside other experienced squad members with the TKF Coaches.

How it will work;

- Book your place/s on kata squad, kumite squad or both by contacting the TKF Office.
- Payment will need to be made via BACs to confirm your slot.
- Link/s will be sent to you once your payment has been confirmed.

At this current time, TKF Squad will take place on Zoom until further notice with an hour of Kata Squad followed by Kumite Squad.

See below for all Open Squad Dates. (Squad will take place on Zoom until further notice).

Saturday 20th February	Kata 1:30pm	Kumite 2:45pm	£5 per hour
Saturday 13th March	Kata 1:30pm	Kumite 2:45pm	£5 per hour
Saturday 17th April	Kata 1:30pm	Kumite 2:45pm	£5 per hour
Saturday 15th May	Kata 1:30pm	Kumite 2:45pm	£5 per hour
Saturday 26th June	Kata 1:30pm	Kumite 2:45pm	£5 per hour
Saturday 17th July	Kata 1:30pm	Kumite 2:45pm	£5 per hour
Saturday 28th August	Kata 1:30pm	Kumite 2:45pm	£5 per hour
Saturday 25th September	Kata 1:30pm	Kumite 2:45pm	£5 per hour
Saturday 23rd October	Kata 1:30pm	Kumite 2:45pm	£5 per hour
Saturday 27th November	Kata 1:30pm	Kumite 2:45pm	£5 per hour

TKF Open Squad is a great way for students who may not have had squad experience a chance to show their potential. Once TKF returns to normal training and competitions can restart then TKF will revert to a normal squad set up. In the meantime, for all those who attend Open Squad, whether new or current squad members it will be a great way to develop your training further.

Book your place on TKF Squad

Phone; 01603 971370

Email; office@karatefitness.co.uk

Message; TKF Facebook Page/TKF Instagram Page