



**WITH MASTER RICHARD 'DD' HOPKINS & his team of blackbelts**

**ALL WUMA CLUBS INVITED**

# WEEKEND FREESTYLE SYLLABUS COURSE 2010

**THE WEEKEND INCLUDES:** Freestyle & Kickboxing Syllabus up to Blackbelt level # Street Defence drills # New Knife Defence # Full-Contact Techniques & Training routines Pressure Points # Releases # Semi-Contact Training Routines # Weapon training Padwork # Security / Bodyguard Control & Restraints # Block and Evasion Techniques



*Richards first competition was in March of 1978 and during his 20 years of competition, travelled the world picking up vast knowledge for the ring and also for street defence. Richard has been a Doorman for 30 years and worked in some of Britains roughest nightclubs This knowledge can now be shared with you in this special seminar. Richard has developed his own system called HOP KUIN DO a special freestyle syllabus with proven results. THIS IS YOUR CHANCE TO LEARN EVEN MORE!*



**VENUE:** See [www.wuma.com](http://www.wuma.com) for venue & date you pick as this form is for either one.

**TIMES:** Saturday Seminar 11am till 4pm for beginners up to 2nd Dans

*Anyone is allowed on the course until 4pm. Grading is set for beginners to orange belts from 4pm till 5pm*

**Sunday Seminar 11am till 4pm for green ut to 2nd Dans**

**Sunday Grading:** including Green, Blue, Purple, Brown & the Blackbelt Grading

**Finishing Times for people taking:** Blue 5pm, Purple 5.30pm, Brown 1 & 2 6pm. 1st & 2nd Dans 7pm - 3rd Dans 7.15pm

**(The Blackbelt grading continues until 7pm on Sunday)**

**COURSE COST:** Adults £50 for 2 days (£30 one day). Under 16yrs £35 for 2 days (£20 one day)

**Attention:** If taking White, Yellow, Orange or Green Belt you are only invited on Saturday. If taking Blackbelt, you must pre-register in advance by completing a Blackbelt Grading Application form (available from [www.wuma.uk.com](http://www.wuma.uk.com)) and also complete the 2 day course.

**WEEKEND FREESTYLE SYLLABUS COURSE APPLICATION 2010**

Full Name \_\_\_\_\_ Age \_\_\_\_\_ Tel No. \_\_\_\_\_ Grade \_\_\_\_\_

Full Address \_\_\_\_\_

Club/School \_\_\_\_\_ Style \_\_\_\_\_

Do you wish to grade? \_\_\_\_\_ If yes what is your next grade? \_\_\_\_\_ see [www.wuma.uk.com](http://www.wuma.uk.com) for Dates & Venues.

Date you wish to attend \_\_\_\_\_ Venue you wish to attend \_\_\_\_\_

I wish to attend one day of the course [  ] I wish to attend two days of the course [  ] I wish to grade on the course to \_\_\_\_\_ belt.

I enclose a deposit of £20 to book my place for the weekend syllabus course and understand I must pay the full amount in cash on the day of the course.

Grading Costs: White £20 Yellow £22.50 Orange £25 Green £27.50 Blue £30 Purple £32.50 Brown 1 £35 Brown 2 £35 Brown 3 £35

Amount Enclosed £ \_\_\_\_\_ Signed \_\_\_\_\_ Date \_\_\_\_\_ CHEQUES PAYABLE TO WUMA

**Send to: WUMA HQ OFFICE, 130 Barton Street, Gloucester, GL1 4EN. Tel: 01452 614 683 email [deadly@wuma.uk.com](mailto:deadly@wuma.uk.com)**