

GREAT NORTH 2 - DANIE VAN ZYL RECREATION CENTRE

All fighters are invited to attend the Great North 2 to be hosted on the 28th August 2010.

Place and Venue : Danie van Zyl Recreation Centre
Cnr Plantation & Rex streets
Claremont

Date: Saturday 28th August 2010.

Modes of Participation : Forms – Semi and Light Contact, Ringsport Full contact. Low kicks or K1.

Weight Divisions : Individual Events. As per website. White to Orange, Blue to Black.

Entry Fee : R150.00 per participant for one/two styles of participations and should you participate in more than two activities you pay an extra R50.00 per activity. Once you have entered there are no refunds should you withdraw or be disqualified.

Equipment : Only the correct equipment and clothes will be allowed. Check the web.

Dress : All officials must be dressed in black trousers, SAKA golf shirt or white shirt and bow tie. Participants must wear kickboxing clothes or Gi. No T-shirt must hang out.

Weigh-In : All Pretoria base fighters must weigh in at Pat's Gym on the 27th August from 17h00-18h30. Weigh In for the rest will be on the Saturday Morning at the Venue from 7h00 – 8h30 sharp.
DON'T BE LATE.

FIGHTING WILL START AT 9H30 SHARP.

FOOD WILL BE ON SALE!!!

Any queries contact Shorne Moorcroft on 082 449 7349.