



A Steven
33 Barrington Road
Southgate
Crawley
RH10 6DQ
020 8940 8958

E-Mail: enquiries@premierself-defence.co.uk

REGISTRATION & BOOKING FORM

Date of Workshop you are booking for: _____

First Name: _____ Last Name: _____

Telephone (H) _____ (W) _____

Age: _____ E-Mail address: _____

How did you hear about Premier Self-Defence? ___ie Google_____

1. It is my responsibility to advise the instructor(s) of any physical ailment or medical condition that may require consideration during training.
2. I understand that my absence from attending the workshop will in no way entitle me to a refund.
3. I undertake to adhere to the training rules that may be applicable during the course.

Signature: (participant/parent/guardian)

Please make cheques payable to: Premier Self-Defence and post to the address above

Please post the full booking fee of £40.00 + 20% VAT = £48.00.

If you and a friend are taking advantage of our group discount the fee is £35.00 + 20% VAT = £42.00

If two or more friends book the fee is £30.00 + 20% VAT = £36.00

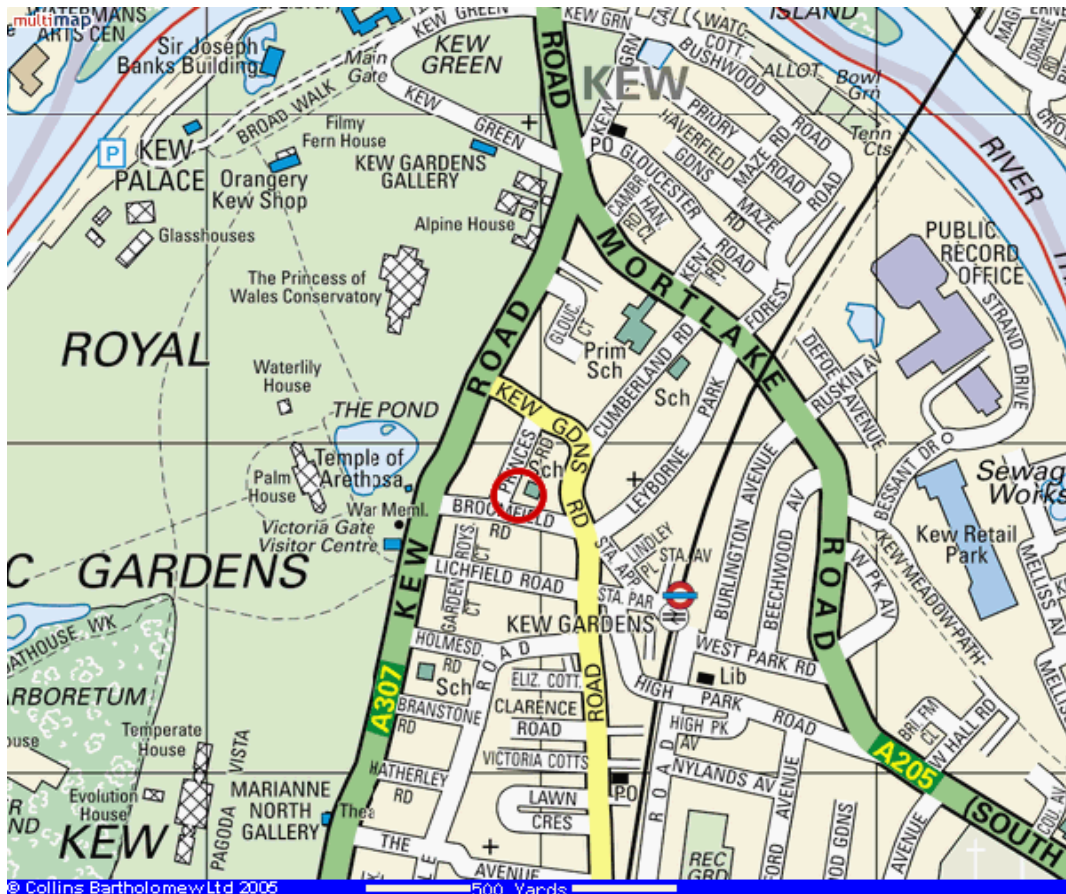
Please wear comfortable clothing preferably with long sleeve tops and closed shoes – e.g. trainers

Thank you for choosing Premier Self-Defence – we look forward to training with you!

**Premier Self-Defence Venue:
Broomfield House School
10 Broomfield Rd
Kew Gardens
Richmond
Surrey
TW9 3HS**

On the map below you will see the exact indication of the venue circled in **RED**

The venue for the Self-Defence Workshop is in Broomfield House School, which is a 2-minute walk from the Kew Gardens Underground Station. If you are driving you will find plenty of free parking outside the school or in Kew village, which is next to the tube station. **Please note:** there is one long parking bay in Broomfield Road, on the same side as the school, that is restricted on a Sunday – please read the signs – all other bays on the opposite side to the school are free on Sundays. **The entrance to the training hall is in fact via Princes Road. You will see the entrance about 50 yards down Princes Road. Enter and keep left to the hall. (Broomfield School is an old house on the corner of Princes Road and Broomfield Road).**



If you are coming from the Hammersmith direction on the Richmond branch of the district line or a Silverlink Train from North London:

1. Exit the station and use the subway underpass to come up on the other side of the station.
2. Once on the other side, exit the station and via towards your right past The Railway Pub, Kew Bookshop, Oliver's Health Foods, Pizza Express, Featherstone Leigh Estate agents etc, i.e. go down the road indicated as **(STA APP)** (abbreviation of Station Approach) on your map indicated on the left of the Underground logo on the map.
3. At the end of **STA APP** you will cross over the yellow road **KEW GARDENS ROAD** and into **BROOMFIELD ROAD**. The school is about 50 meters down on your right.

If you are coming from Richmond into Kew Gardens Station:

1. Exit the station and via towards your right past The Railway Pub, Kew Bookshop, Oliver's Health Foods, Pizza Express, Featherstone Leigh Estate agents etc, i.e. go down the road indicated as **(STA APP)** (abbreviation of Station Approach) on your map indicated on the left of the Underground logo on the map.
2. At the end of **STA APP** you will cross over the yellow road **KEW GARDENS ROAD** and into **BROOMFIELD ROAD**. The school is about 50 meters down on your right.

Journey Times:

By Tube:

To gauge your journey time: the tube ride from Hammersmith to Kew Gardens takes 15-20 minutes.

By Train:

▪ **From North London:**

Silver Link Service (formerly the North London Link) is an overland train from North Woolwich to Richmond. To gauge your journey time: the train ride takes about 30 minutes from Hampstead Station directly to Kew Gardens Station. You can go to the following web site to check the Silver Link timetable when planning your journey: www.silverlink-trains.com/timetable

▪ **From Waterloo Station & Clapham Junction:**

Take a train that goes to Richmond. You can get a fast service, which will take about 15–20 minutes from Waterloo and Clapham. Once at Richmond Station take a tube one stop up to Kew Gardens Station.

By Road:

From North London:

Take the **A406 via Hanger Lane** down to Chiswick Roundabout following the signs to Kew Gardens. Go over Kew Bridge. You will then see Kew Green on your left and on your right. At the traffic lights fork right down **Kew Road (A307)**. Then at the next set of traffic lights turn left into **Kew Gardens Road** and first left into **Princes Road**. **Broomfield Road** is at the end of Princes Road. The Broomfield House School is on the corner of Princes Road and Broomfield Road – park in Princes Road or Broomfield Road. Parking is free on Sundays.

From South London:

Take the **A205 South Circular Road** via Putney & Sheen towards Richmond. Once the A205 crosses over the A316 it becomes **Mortlake Road (A205)**. Take the second left on Mortlake Road turning into **High Park Road**. At the T-Junction turn right into **Sandycombe Road** and then second left into **Broomfield Road** – the Broomfield House School is about 50 meters down Broomfield Road on the right. You can park in Broomfield Road or Princes Road. Parking is free on Sundays.