

# INSTRUCTIONS

PLEASE READ THE FOLLOWING INSTRUCTIONS THOROUGHLY...



## **INVITE A FRIEND FOR A FREE CLASS BEFORE FEB 20TH**

And if they join you'll receive  
2 weeks free training!



Friends can join for  
a special discounted  
membership and  
receive a **FREE UNIFORM**

## **INVITE A FAMILY A MEMBER FOR A FREE CLASS BEFORE FEB 20TH**

And if they wish to join  
we'll offer them:

- a **FREE** uniform
- 2 weeks free training
- Discounted joining Fee!

Offer available from Monday xx/xx/xx until Sunday xx/xx/xx

Please let your instructor know when a friend / family member will be attending, thank you



**GKR**KARATE  
KARATE FOR EVERYONE

## **SAVING YOUR PDF'S AS JPG'S**

If you have access to design software there are a number of ways you can create a JPG from a PDF, but for the majority of people it may seem easiest to simply take a 'screen capture' and then post this to our social media. Unfortunately this does not have the best results.

We have investigated a number of online options that can save PDF documents into jpgs with relatively simple 'drag and drop' functions. The options provided here are free and fairly user friendly, however because of their FREE nature, they may limit how many times you can use them in a single 24 hour period.

<https://image.online-convert.com/convert-to-jpg>

<https://www.zamzar.com/converters/document/pdf/>

<https://convertio.co/convert-pdf-to-jpg/>

<https://cloudconvert.com/pdf-to-jpg>