



Judo Tai-Chi & More

# JUDO

## SELF-DEFENSE FOR WOMEN, MEN & CHILDREN

JUDO THERE IS NO **BETTER** FORM OF SELF-DEFENSE

IF YOU ARE LOOKING FOR A **REALISTIC** WAY TO  
DEFEND YOURSELF THIS IS IT

JUDO IS A **FAMILY** SPORT & A GREAT WAY TO MAKE NEW FRIENDS

THE USE OF TECHNIQUE, **SKILL** & THE ELEMENT OF SURPRISE OVER  
SIZE, POWER & BRUTE FORCE

LEARN WHAT WE **TEACH** OUR POLICE & ARMED FORCES

LEARN TO USE YOUR ATTACKER'S WEIGHT  
TO YOUR **ADVANTAGE**

FROM CLASSROOM TO TOURNAMENTS, FROM NOVICE TO **OLYMPIAN**

LEARN HOW TO TAKE **CONTROL** OF YOURSELF & YOUR SURROUNDINGS  
YOU SHOULD NEVER BE AFRAID TO **LIVE LIFE**

**LEARN** TO BECOME STREET SMART

COME CHECK US OUT, A CLASS OR TWO IS ALWAYS **"FREE"**

110 Anne St S unit # 9

**728-0624**

[www.allroundhealthandfitness.ca](http://www.allroundhealthandfitness.ca)