



Judo Tai-Chi & More

WOMEN

SELF-DEFENSE

Classes for

Individuals & Private Groups or Companies

Mothers, Daughters, Sisters or Co-workers

Our self-defense is based on

JUDO THERE IS NO BETTER FORM OF SELF-DEFENSE

LEARN WHAT WE TEACH OUR
POLICE & ARMED FORCES

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

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

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

Learn

how to take control of yourself & your surroundings.

You should never be afraid to **live** life.

Let us help build your **CONFIDENCE**.

110 Anne St S unit # 9

728 - 0624

ASK FOR BILL SHOUP

www.allroundhealthandfitness.ca