

**TAKE A FREE**

# SELF-DEFENSE CLASS



**Ipod Give away draw!**

**Up to 20 Students**

**One weekend Only!  
March 10&11th**

**Bus Tickets Provided**

**Saroughi  
International  
Taekwon-do Inc**

**Address:**

**1950 Bank St, Ottawa,  
ON K1V 7Y6**

**TUNGASUVVINGAT INUIT**

1071 Richmond Rd  
Ottawa, On  
(613)-585-5665

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

Dates and Times



**MARCH 10 & 11**  
**2PM-4PM**



This street effective course will give you proper tools to better survive a real attack. A must for young girls and boys when dealing with predatory situations. The realistic training is geared to all shapes and sizes. No matter your body type or age range, the simple and easy to use techniques will help you deal with attacks effortlessly. This objective course will provide you with much needed street smarts, confidence and the ability to walk away unharmed.

Ipod Touch Draw on Sunday after the last self defence session.

Email [coord\\_education@tungasuvvingatinuit.ca](mailto:coord_education@tungasuvvingatinuit.ca) to reserve your spot

