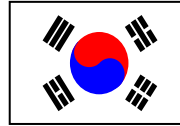




*Northside
Traditional*



Taekwon-Do

SELF DEFENCE AND FITNESS

Learn practical self defence, gain confidence and improve your fitness in a supportive and friendly environment. Classes are taught by experienced black belt instructors and are available for men, women and children of all ages.

START TODAY

**Classes Tuesday and Thursday
6.30pm to 7.30pm
Ngunnawal Primary School**

**(Tuesdays in the hall and
Thursday's in the library)**

For more information come any night
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