



# *Don't Be Scared, Be Prepared!*

This interactive empowerment class covers a variety of useful and powerful techniques including kicks, strikes, defense from grabs, defense from weapons and defense from ground attacks. You can expect to increase your awareness, learn new skills and **Feel Your Power!**



**TAMARACK TKD**

MARTIAL ARTS STUDIO

*Masters Jeff and Shelley Green*

*599 F South State Street  
Westerville, OH 43081*

*(614) 476-8311  
(614) 738-6906*

*Saturday, March 27, 2010  
2:00 pm - 6:00 pm  
\$40 for one individual, \$25 for  
2nd from same family*

This 4 hour intense training seminar is offered at Tamarack TKD. You can also have a class scheduled at your location for our group of ten or more. Give yourself the advantage by taking part in a **Women's Self Defense Class!**

More information is available on line.

[www.tamaracktkd.com](http://www.tamaracktkd.com)