



British Tang Soo Do Federation

Family orientated **Martial Arts Classes**

To suit all ages and physical conditions



Get a **Free** family training pass

Call **07766 947932** or express an interest online www.btsdf.com
to qualify for our **weekly free trial classes** at:

Rugby and Ryton-on-Dunsmore

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PLEASE NOTE : Our members are encouraged to progress at their own pace in an environment where they are free from physical harm or emotional intimidation.

People of all ages and physical conditions can benefit from:

Increased confidence • Awareness • Fitness • Personal discipline • Knowledge of self defence