

Ji Do Kwan

Master Oded Shrier

Welcomes you and extends an
Invitation to take advantage of a

FREE trial lesson

in this Martial Art.



Ji Do Kwan will provide
you with an excellent form of Physical
fitness while developing the all
important life skills of

**Control, Focus, Self Discipline
& Self Defence.**

Train safely while developing the important skills that
will aid you in your every day life.

TRAINING

Rose Bay - Mondays & Thursdays 4.30pm – 9.30pm.

For more information

Phone **9371 4493** Or email Master Oded
odedcarmit@hotmail.com