

# 展 Tenkai 開 Dojo

in association with



# FREE SELF-DEFENCE CLASS

To mark the opening of our new martial arts class in Ashtead, Tenkai Dojo is pleased to announce a free Self-Defence Class.

The event is being run in partnership with North Surrey Afasic. All donations on the night will go to supporting the initiatives they run for children and young people with speech and language difficulties.

We will cover a range of topics and exercises making the session suitable for:

- Children who travel to and from activities on their own or with friends
- Teens who attend parties and social events
- Adults who walk on their own as part of their commute

We invite you to come along, have some fun, learn how to stay a little safer and support a good cause.

**WHEN**  
**Monday 12th**  
**June 2017**  
**7:30– 8:30pm**

**WHERE**  
**Ashtead Youth**  
**Centre**

238 Barnett Wood Lane,  
Ashtead. KT21 2DA

## REGISTRATION

Places are limited so please email [ashtead@tenkai-dojo.co.uk](mailto:ashtead@tenkai-dojo.co.uk) to reserve your space(s).

## WHAT TO WEAR

Exercise clothing. It is best to avoid any clothing with metal zips or fastenings where possible.

## QUESTIONS?

Please don't hesitate to contact us at [ashtead@tenkai-dojo.co.uk](mailto:ashtead@tenkai-dojo.co.uk)

**SUITABLE FOR**  
**AGES 6+**