



Gloucester
Ottawa

Self-Defence & HupKwonDo

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Winter 2018/2019 Newsletter

New Classes at Rideau Sports Centre (RSC) Starting in January.

Starting the week of January 15th, Tuesday HupKwonDo classes will be available through **RSC** 7:15-8:15 PM as well as Saturday morning Self-Defence classes from 10:30-11:30 AM. Registration for Tuesday or Saturday classes will be through RSC running in 8 week sessions at a cost of \$108/session. I'll update you by email once their website has been updated and a registration link is available.



Our regular Thursday classes will continue on the same basis as before, resuming on January 10th after the holiday break (last class before the break December 20th).

I'm also investigating the possibility of offering a monthly Saturday self-defence class at the new Winning Circle location at the Peak Centre at the Bell Sensplex in Kanata. I'll include any news on this possibility in my email update.

Annual New Year's Dinner: Saturday, January 26th

6:30 PM, Mandarin Ogilvie Restaurant, 1137 Ogilvie Rd. Gloucester (pay your own way). Join us for great food and fellowship. Family, friends and prospective students welcome!

Sign up on-line at: <http://www.goselfdefence.com/db/signup.php>

Check www.goselfdefence.com/sdnews.php **for updates and new events.**

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Master Gary Eikenberry

Gary Eikenberry, Chief Instructor