

# TAKAHASHI DOJO



School of Martial Arts since 1969

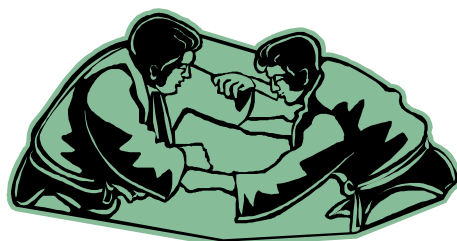
Judo – Kendo – Aikido – Karate – Iaido – Jodo - Jujitsu

5 Melrose Ave. at Wellington St. W. Ottawa K1Y 1T8

(613) 725-3451 [www.takahashi-dojo.com](http://www.takahashi-dojo.com)

*New!*

## Mixed Martial Arts Classes



**Starting March 16, 2010**

**Tuesday 6:15 – 7:30 p.m.**

**Thursday 6:00 – 7:15 p.m.**

**Teens and adults can learn the fundamentals in mixed martial arts: submission grappling, joint locks, chokes, hold-downs, throws, kicks and striking techniques.**

**Instructed by Sean MacFadyen, 3<sup>rd</sup> degree judo black belt, Pan Am Master and 2009 Quebec International Open champion, who has also studied boxing, wrestling, kozen judo, jujutsu, sombo, karate, Brazilian jujitsu, and aikido.**

**(613) 762-2316 or (613) 828-5775**

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