



# Oom Yung Doe

The Grandmaster "Iron" Kim Style  
8 Martial Arts Taught as 1

## SELF-DEFENSE WORKSHOP



**Free for the Community!**

Please bring a friend so that you have a practice partner

**Event Dates: 2/20, 3/20, 4/17, 5/15, 6/19, 7/17**



This series of free Self-Defense Workshops at Seattle area schools of Oom Yung Doe teaches simple, effective techniques for self-defense. These techniques will work in a variety of situations and are immediately effective even for beginners. The workshop will last about one hour. Wear loose, comfortable clothing. Bring a friend to make sure you have a practice partner!



**Every 3<sup>rd</sup> Wednesday 6:30pm**

**Two locations:**

Oom Yung Doe Wallingford  
3845 Bridge Way N  
Seattle WA 98103  
[Wallingford@8taughtas1.com](mailto:Wallingford@8taughtas1.com)  
206.285.9789

Oom Yung Doe Crown Hill  
8543 15<sup>th</sup> Ave NW  
Seattle WA 98117  
[Crownhill@8taughtas1.com](mailto:Crownhill@8taughtas1.com)  
206.462.1339



Space is limited contact us to register: [Wallingford@8taughtas1.com](mailto:Wallingford@8taughtas1.com) or [Crownhill@8taughtas1.com](mailto:Crownhill@8taughtas1.com)

[www.8taughtas1.com](http://www.8taughtas1.com)

Presented by School of Oom Yung Doe in partnership with ADT Security