

WOMEN'S SELF DEFENSE WORKSHOP

JUNE 17TH - JULY 10TH

\$150
per
Person

Ages
13+



Break Initial Contact



Disable The Attacker



Reflexive Strikes

- **MONDAYS AND WEDNESDAYS FROM 4:00 TO 5:00 PM**
- **4 WEEKS, 8 TOTAL CLASSES**
- **GREAT INTRODUCTION TO BASIC SELF DEFENSE TECHNIQUES**

FOLLOW OUR SOCIALS!



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