

Women's Self Defense Program

Mondays @ 7:30Pm, begins Aug. 14, 2017

Curriculum

Get up techniques

Strikes

Kicks

Standing Defense techniques

Ground Defense Techniques

**Course is every Monday beginning, August 14th-
Monday, November 27th, 2017**

Cost: \$200 member / \$250 non member

All ladies' are Welcome

Registration Deadline: Saturday, August 12th, 2017

NAME: _____ PHONE: _____

EMAIL: _____ SIGNATURE: _____

