



Women's Self Defense

½ Day Workshop, 9am-Noon

Women ages 13 and up learn defenses to:

- ✓ FRONT & REAR GRABS
- ✓ ATTACKER ON TOP
- ✓ BEING CHOKED
- ✓ UNWANTED ADVANCES

All techniques are taught by experienced Black Belt instructors in a non-threatening, non-intimidating atmosphere.

ONLY
~~\$50~~ \$40
 PER PERSON



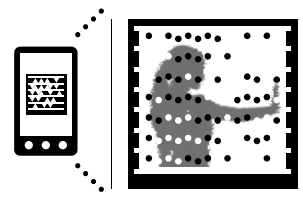
Location: Stearns Park
 4520 E 23rd Street
 Long Beach, CA

Sat, April 28, 2012 9am-Noon

Reserve your spot

Three hours of self defense for only \$40 when you pay on-line at least 24 hours in advance: www.LakewoodBudoKai.com/womens.htm. \$50 at the door. No refunds or exchanges.

Watch a video
 Tag Reader on your smartphone will initiate video.



Get the free mobile app for your phone <http://gettag.mobi>

