



TAUGHT BY SELF DEFENSE EXPERTS

Women's Self Defense

Private 1/2 Day Group Session

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.



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

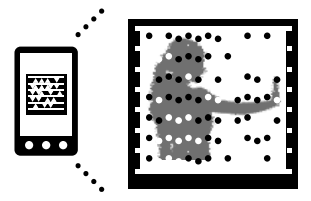


Contact us

Dates are limited

Contact us for pricing, information, and to schedule a date for your group
www.LakewoodBudoKai.com/contactus.htm.

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



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<http://gettag.mobi>