



TAUGHT BY SELF DEFENSE EXPERT, JIM KELTON

# Women's Self Defense

## 1/2 Day Workshop, 9am-Noon

### Women ages 13 and up learn defenses to:

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

ONLY  
**\$25**  
 PER PERSON



All techniques are taught by experienced Black Belt instructors in a non-threatening, non-intimidating atmosphere. Participants need not be in top physical condition.

## Reserve your spot

### Seating Limited

Contact us to reserve your spot  
[www.LakewoodBudoKai.com/contactus.htm](http://www.LakewoodBudoKai.com/contactus.htm).  
 For more information please visit  
[www.LakewoodBudoKai.com/womens.htm](http://www.LakewoodBudoKai.com/womens.htm).

*"Class was helpful, fun, and inspiring. It had lots of good information. I recommend your women's self defense class to anyone. Thank you!"*

*"Awesome class. I came to the class scared and left empowered. Thank you. I liked learning how to protect myself. The instructor was very helpful and informative."*