



TAUGHT BY SELF DEFENSE EXPERT, JIM KELTON

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

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.



Saturday, October 16, 9am-Noon

Reserve your spot

Contact us to reserve your spot
www.LakewoodBudoKai.com/contactus.htm
For more information please visit
www.LakewoodBudoKai.com/womens.htm

Location

Praise Church
Activity Room
3516 Linden Ave
Long Beach, CA
(Parking available
behind building)

