

Monthly Self-Defense Class

Anyone can learn the simple moves and
Gain Self-confidence and Personal awareness

2nd Saturday of every month.

1:00 to 2:30 p.m.

Located at Lake Arrowhead Dance Studio

\$30 per training session

This class will cover basic;

- * Self-defense
- * Escape techniques
- * Striking and blocking
- * Choke holds
- * Releases
- * Simulated attacks
- * What to do in various situations
- * Vulnerable areas to attack

Learn the lessons that will prevent vulnerabilities to attacks and increase awareness.

All women of different ages and physical abilities are encouraged to attend.

The instructor is Renee'
A certified instructor from the Japanese
Butokuki School in Shito-Ryu style Karate. An
instructor since 1983 and a former Regional and
National Champion.
