

Women's Self Defense

Six Week Seminar

Mondays 6:30 - 7:30 PM

March 5 - April 9, 2012

\$50 for 6 weeks, ages 15* and up

Women only - Groups of 3 or more \$45 each

**under 18 years old required to be accompanied by an adult*

*Learn situational self-defense
techniques in a fun atmosphere
and get a good workout!*

*Instructed by 5th degree
Master Todd Gibbon &
3rd degree Ms. Jill Gibbon*

*Brought to
you by:*

Call or email to register or with questions

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