



Instructors:

Sensei Angelo Mendoza

-6th Degree Black Belt

Elaan Grassler

-1st Degree Black Belt

Women's Self Defense

What Do I Learn?

- Basic to intermediate self defense techniques applicable to possible real life situations

What Do I Need?

- No experience needed!
- Workout wear or comfortable clothes & water bottle

How Do I Sign Up?

- Book your group online or over the phone **or**
- Register for our next 'Weekend Workshop'
- \$75 per person (2 x 2 hour sessions)
- Seminar can be held at our facility or yours!

Contact us for more information:

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