



FREE

WOMEN'S SELF DEFENSE SEMINAR

Sat. October 14th :
2:00-4:00PM

Join us for this fun, easy to understand, and practical class geared just for the women of our community.

Come and learn:

- Simple break away techniques
- Pressure point control tactics
- Joint manipulations
- Real life scenarios



COME MAKE THE WOMEN OF OUR COMMUNITY SAFER

To reserve your spot call:

ATA Martial Arts
785-228-1617
West Ridge Mall 2nd level
(Next to Furniture Mall of Kansas)

