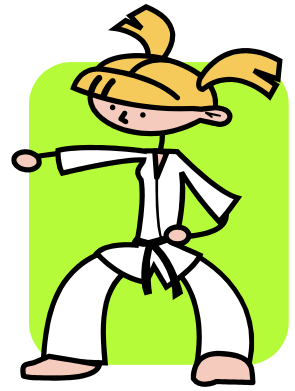




Women's Self-Defense Class



For women ages 13 & up to learn and practice self-defense skills in a safe setting to protect yourself or loved ones by using simple techniques.

Instructor Michael Szydlowski is a black belt who has been a student of Shotokan Karate since 1981 and has been teaching since 1992.

Class description: A special program that focuses on many common situations you might face everyday. No prior experience or physical training is required. This class is tailored to each individual's abilities. This program is to develop awareness, confidence and self defense skills. The students will learn to recognize potential dangerous situations and we will cover strategies to deal with these threats. This is not a formal karate class, but a realistic approach to self defense, using simple, easy to learn techniques. Please wear loose fitting clothes that are easy to move in.

Saturday, March 27, 2009

10:30am – 12:30pm

\$15 for Full Members

\$15 for Program & Non-Members * must sign guest book

Register now at the Member Service Center, limited space available.