



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KNOWLEDGE APPLICATION CONFIDENCE

Women's Self-Defense: 2 Day Series

Our 4th Degree Black Belt Women's Self-Defense instructor and assistant are coming back by **POPULAR DEMAND!** Day 1 will consist of technique education: breakaways, strikes, kicks and how to use these techniques efficiently. Day 2 puts the training into action! Groundwork is to be expected!

Day 1: Saturday, December 8
Studio Y
10:30-1:30pm

Day 2: Sunday, December 9
Studio Y
10:30-1:30pm

Instructor: Don Nechodomu
Assistant: Izzy Brooks



Monkey Wrench Martial Arts

Fee:

\$30 Day 1 ONLY

\$50 Both Sessions

**This rate is for Y members AND community members*

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