

# WOMEN'S SELF DEFENSE

Location: Air Park Recreation Center (3720 NW 46<sup>th</sup> St.)

Day: Saturday, January 28<sup>th</sup>, 2017

Time: 4:00-8:00 PM

Fee: \$20



## Women's Self Defense Class (15 years of age and older)

*4 hours of techniques to empower women in self-awareness and defense in everyday situations that could occur. Scenarios of focus include hand to hand defense, knife defense, gun defense, and ground defense. Learn the techniques to keep you calm in dangerous situations, and remain safe in everyday life.*

## GOJU RYU KARATE

A traditional Okinawa style of martial arts that combines the "softer" style of redirecting and blocking with the "harder" style of kicking and punching movements of karate.

*Call 402-441-7876 or visit Air Park Recreation Center at 3720 NW 46<sup>th</sup> St. to register.*

