

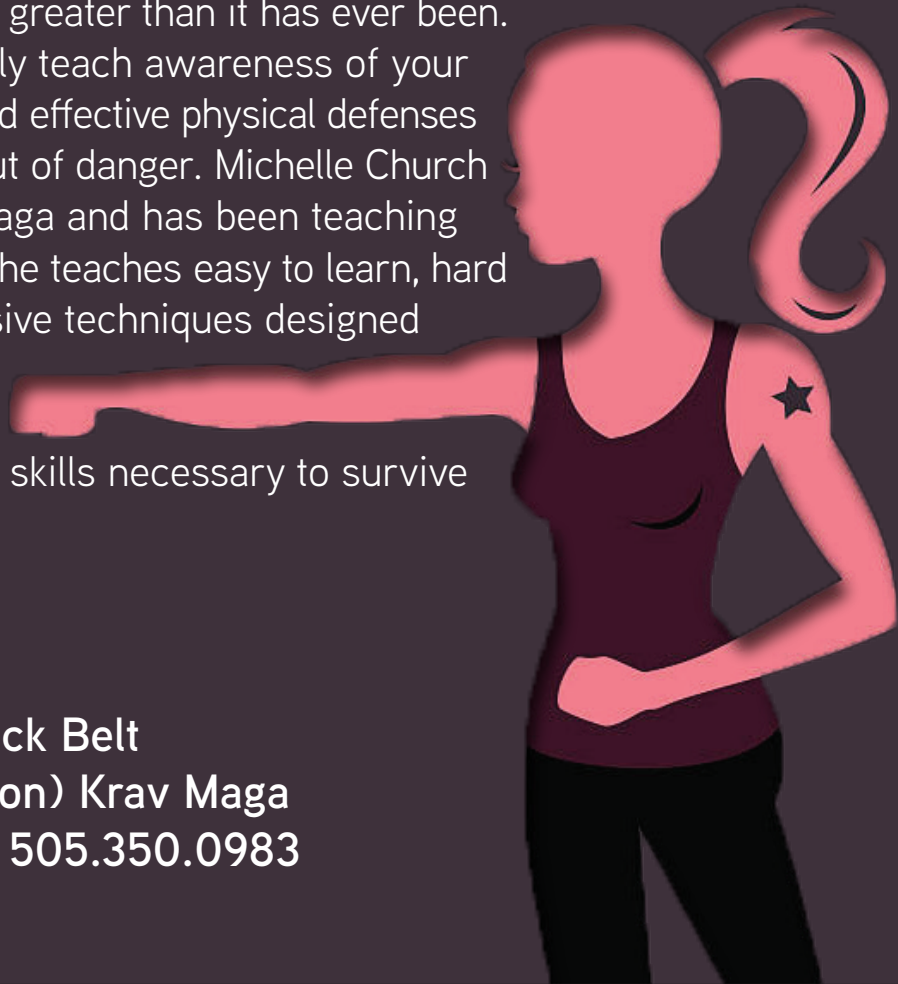
women's SELF DEFENSE

Sundays, June 10 – July 29 ● 10:00 – 11:15am

- **Member** **\$80** (Drop in \$10/class)
- **NonMember** **\$120** (Drop in \$15/class)

*Register
by 6/8/18*

The need for Women's self-defense is greater than it has ever been. Women's Self-Defense should not only teach awareness of your surroundings, but also easy to learn and effective physical defenses to get yourself and your loved ones out of danger. Michelle Church is a 2nd Degree Black Belt in Krav Maga and has been teaching women's self-defense over 5 years. She teaches easy to learn, hard to forget and quickly deployed defensive techniques designed specifically for women to use to defend themselves against larger opponents. Take the time to learn the skills necessary to survive this increasingly violent world.



INSTRUCTOR:

Michelle Church 2nd Degree Black Belt
IPP (Intensive Personal Protection) Krav Maga
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