

SELF DEFENSE WORKSHOP

— Build Confidence • Increase Awareness • Learn Practical Skills —



AGES

16+



WHEN

Thursdays
6:00 – 7:00 PM



DATES

July 16 –
August 6



LOCATION

Kingsbury Club
Turf



COST

\$60 Members
\$80 Non-Members

Learn how to protect yourself in this 4-week,
introductory self defense workshop.

Led by **Tom Weissmuller**, former Trial Judge & DOJ Judicial Expert, participants will learn practical self defense concepts and awareness strategies. While we don't plan to do any contact self-defense drills, we do plan to engage in martial arts training drills where there will be some contact between participants.



GREAT FOR COLLEGE STUDENTS HOME FOR THE SUMMER!



No need to bring anything but a water.





REGISTRATION FORM

Member Name _____

(Charges will be billed to the credit card on file)

IF NON-MEMBER:

Name _____

Phone Number _____

Address _____

Credit Card # _____

Exp _____

CVV _____

(or pay directly at the front desk)

Signature _____

Date _____