

First Saturday Safety Sessions FOR WOMEN ONLY

JUST \$10

SATURDAY SAFETY SESSIONS
FIRST SATURDAY OF EVERY MONTH
10 AM to Noon

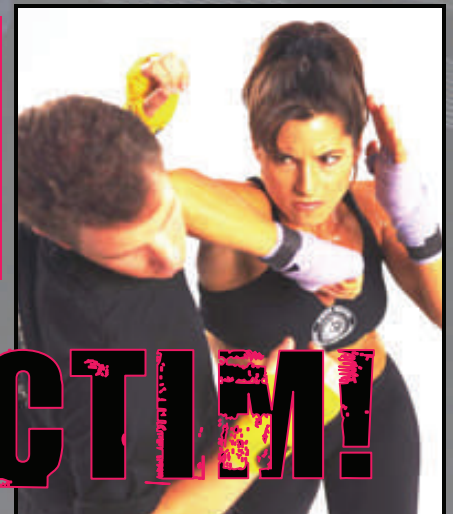
- JANUARY 4th, 2014: WOMEN'S FIT FIGHTING (Ages 12 & up)
- FEBRUARY 1st, 2014: VALENTINES - COUPLES DEFENSE CLASS (TEENS/ADULTS)
- MARCH 1st, 2014: WOMEN'S STRIKING DEFENSE BASICS (Ages 12 & up)
- APRIL 5th, 2014: WOMEN'S GUN DEFENSE BASICS (Ages 12 & up)
- MAY 3rd, 2014: WOMEN'S KNIFE DEFENSE BASICS (Ages 12 & up)
- JUNE 1st, 2014: WOMEN'S CAR JACKING DEFENSE (Ages 15 & up)
- JULY 5th, 2014: **NO COURSE SCHEDULED**
- AUGUST 2nd, 2014: WOMEN'S GROUND DEFENSE BASICS #1 (Ages 12 & up)
- SEPTEMBER 6th, 2014: WOMEN'S GROUND DEFENSE BASICS #2 (Ages 12 & up)
- OCTOBER 4th, 2014: WOMEN'S ABDUCTION DEFENSE BASICS (Ages 12 & up)
- NOVEMBER 1st, 2014: WOMEN'S SITUATIONAL AWARENESS (Ages 12 & up)
- DECEMBER 6th, 2014: WOMEN'S CHOKE DEFENSE BASICS (Ages 12 & up)

More Info at

www.NDKravMaga.com



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DON'T BE A VICTIM!