

Calling all teens...

# Self Defense Workshop

**March 31st, 1-2:30pm**

**Grades: 6th-12th**

**Limit: 25 people**

This will be a FUN hands on seminar practicing physical skills and discussing self-defense awareness. Our seminar will focus on practical and easy to learn self-defense techniques that can be used to protect oneself from standing or ground positions. Everyone welcome, techniques can be tailored to fit the individual, anyone can defend themselves!

Jeff Waldrom, owner of the Academy of Self Defense and Fitness and with 25 years experience in Martial Arts will be conducting the seminar!

Register Today!

