

Women's Self-Defense Course

A three-class course that covers face-to-face confrontation, surprise attacks and ground defense. Discussions will include awareness, environment and Q & A.

Please wear clothing that allows for mobility. This is a practical application course that includes using a workout partner.

Space is limited! Please call or e-mail to secure your spot.

When: Monday, March 15th, 22nd, 29th

Time: 9:30am – 10:30am

Where: North County Martial Arts

Fee: \$60

FREE Bonus review each following Friday 9:30am

Contact: Crystal 760-634-3357

northcountymartialarts@msn.com



**North County Martial Arts
7750 El Camino Real Suite "R"
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