



## Self-Defense for Everyone

**When:** Every 3rd Saturday of the Month, 11:30am to 1:00pm

**Where:** Petaluma Academy of Martial Arts

**Who:** Women, Men, Children (age 12 and above)

**Cost:** \$60 per Class, Family, Friend & Volume Discounts Available

**ESS:** ESSENTIAL SURVIVAL SKILLS, Usable anytime, anywhere.  
Simple and safe to learn. ESS is based on the Latosa Escrima System,  
Kenpo Karate, Street Awareness Tactics, and the Rene Latosa SAFE program.

- ▶ Protect Your Family
- ▶ Gain Self Confidence
- ▶ Learn Effective Self-Defense
- ▶ Fun & Safe Learning Experience
- ▶ Use Everyday Objects as Weapons



**PETALUMA ACADEMY OF MARTIAL ARTS**  
620 Petaluma Blvd N Petaluma, CA 94952  
778-1069 [www.pamakarate.com](http://www.pamakarate.com)

