

Women's **SELF-DEFENSE** **WORKSHOP**

Learn quick & easy defensive moves, Learn to recognize potential threats, Role playing, Hitting, Kicking, Blocking, Running, Use everyday objects as weapons, Safe, fun & effective self-defense.

Be **SAFE** Program:

SITUATIONAL AWARENESS

AVOIDANCE / ASSERTIVENESS

FIGHTING BACK

ESCAPE

When: Saturday, May 18th, 11:30am - 1:30pm

Where: Petaluma Academy of Martial Arts

Who: Women of All Ages

Cost: \$45 per student

Pre-Registration: Email Mr.C.Pama@gmail.com

Phone 707-778-1069, ask for Dan



PETALUMA ACADEMY OF MARTIAL ARTS

620 Petaluma Blvd N Petaluma, CA 94952

778-1069 www.pamakarate.com

Daniel Cuthbertson, Owner & Senior Instructor, Since 1979