



Self-Defense for Everyone

When: Group & Private Classes by Appointment

Where: Petaluma Academy of Martial Arts

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

Cost: Call 707-778-1069

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

