

3RD Annual Women's Self Defense Seminar



Friday April 20th, 2001
From: 5:00 PM to 9:00 PM
Location: Aita Auditorium

- Bring your daughter(s).
- Invite your friends.
- Learn How to protect yourself with hands-on training.
- Wear sweats and tennis shoes.

This Seminar Is FREE!!!!

This class consists of a lecture and a hands-on training portion.
Space is limited. Please register with
Pam in Education at Ext: 4950



INSTRUCTORS ARE FROM ***THE UPLAND YMCA***
"BLACK BELT CENTER" WITH OVER 15 YEARS EXPERIENCE.

For more information regarding this class please contact:

Mr. Alex Paredes at: Changmookwan@email.com
www.geocities.com/kyosa-nim