

Learn the exciting art of:

# SELF DEFENSE



Here's the opportunity you have been waiting for!

Get in shape and learn how to defend yourself at the same time. Men and Women are equal in the Martial Arts. Don't make any more excuses, **DO IT!** Keep the New Year's resolution and be on your way to greater health. Confidence, patience, etc. are just a few of the intangibles you will learn!

*Classes are held at:*

**Pomona High School**

475 Bangor St.

Tuesdays & Thursdays

3:00 p.m. to 4:30 p.m.

**No  
Fee!!!!**



Sing Up  
for the class  
Tuesday 2<sup>nd</sup> 1990  
at



PALOMARES JR. H.S.

2211 N. ORANGE GROVE

TUES + THURS 2:30-3:45

**Emerson Junior High School, Cafeteria**

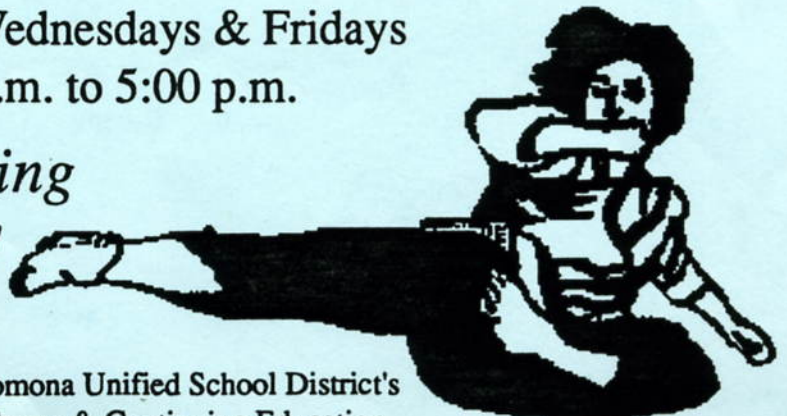
635 Lincoln

Mondays, Wednesdays & Fridays

3:00 p.m. to 5:00 p.m.

*Register NOW by calling*

*629-2551, Ext. 650!*



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