

Protect



Yourself

On June 1st, our very own **Volunteer Alex Paredes**, along with a cadre of 15 instructors, will be giving all of us training on basic self defense technics. Volunteer Paredes is a second degree black belt in the martial art of Chang-Woo-Kwan. This will be a training day we all could benefit from !! Everyone is invited, to include your family and friends. The class will be held at the Los Angeles Police Academy in the gymnasium and will begin promptly at 0900 hrs. Please come dressed in comfortable loose work-out clothing and bring water if you wish. Please try to be on time. Again, everyone is invited, so bring the whole family. There is no cost so take advantage of this great opportunity.

