

WOMEN'S SELF-DEFENSE

ONE DAY SEMINAR

SATURDAY, August 27th
2:30PM - 4:30PM

at Seaside Shotokan

Training for Women Only!
(Ages 14 and Older)

LEARN EASY, EFFECTIVE TECHNIQUES

GET SMART, BE PREPARED

LEARN IN A SAFE ENVIRONMENT

NO MARTIAL ART EXPERIENCE NECESSARY

Part of Our Continuing Self-Defense Series

FEE: \$20.00 per person

(Bring a friend and get \$5 off)

Contact Sensei Jim Oates - 310-578-1789
Seaside Shotokan Karate
177 Culver Blvd., Playa Del Rey
www.seasideshotokan.com

