



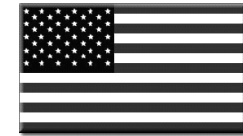
Leading Edge
Martial Arts


2550 Brodhead rd
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www.leadingedgema.com

Leading Edge Martial Arts

March 2017

Give Yourself The Leading Edge!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3 Graduation Warm ups 5pm Ceremony 5:30pm No Classes	4 Black Belt Test @ LEMA Allentown 1:30pm
5	6 LEMA-Tshirt Week	7 LEMA-Tshirt Week	8 LEMA-Tshirt Week	9 LEMA-Tshirt Week	10 LEMA-Tshirt Week	11 LEMA-Tshirt Week
12	13 Adult Full Gi Grappling Workshop Yellow-Black Belts No Adult White Belts 7:45pm	14	15	16	17 Sport your St Patty's Day gear to class! Be creative! 	18
19	20 LEMA-Tshirt Week	21 LEMA-Tshirt Week	22 LEMA-Tshirt Week Free Women's Self Defense Workshop 7:45pm No Adult Classes	23 LEMA-Tshirt Week	24 LEMA-Tshirt Week	25 LEMA-Tshirt Week
26	27	28	29	30	31 Graduation Warm ups 5pm Ceremony 5:30pm No Clasases @ LEMA Allentown	1



3/17

Dress in your St Patrick's Day green. Martial arts pants, belt and a green shirt can be worn to class today!!!

3/13

Adult Full Gi grappling workshop is on a Monday this month so put this on your calendar.

Looking for volunteers to help with Women's Self-Defense night 3/22. Please let Sensei know you can make it to help. Thank you.

****BIG REMINDER****

Reminder this months graduation will be held at the Allentown location. This month students that passed the black belt test will receive their belt at a joint graduation to be held at the Allentown location on Hamilton BLVD. 5pm warm ups 5:30pm start time.



Free Women's Self Defense Workshop

FREE!

Wed. March 22nd 2017

7:45 till 9:15

Sign in at 7:30pm

In this 1 ½ hour class, you will:

- 1. Receive tips on how to avoid being a target and potential victim.**
- 2. Learn how to deal with a situation once it has presented itself.**
- 3. Learn easy to use yet effective striking techniques.**
- 4. Learn hands on self defense moves when grabbed by an attacker.**
- 5. Have the opportunity to practice all these skills on volunteers from Leading Edge Martial Arts.**



Call to register today!

**Two Great Locations
Allentown & Bethlehem**

610-297-3343

www.LeadingEdgeMartialArts.com