



Free **Women's Self Defense Workshop**



Wed. March 22nd 2017

7:45 till 9:15

Sign in at 7:30pm

FREE!

FREE!

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

