



WOMEN'S SELF DEFENSE SEMINAR

Unfortunately we live in a dangerous world and most women are not prepared to defend themselves against a violent attacker. The good news, is there are relatively easy ways to increase your chances of escaping such an attack. Keith Garofalo is offering a two-hour Women's Self Defense Seminar. He comes to Razor sharp with over 20 years of martial arts experience and has taught Self Defense Seminars throughout the Midwest.

Keith will cover such topics as safety awareness and prevention, and he will go through various attacks and counters that anyone of any strength level can successfully perform.

MONDAY, MARCH 29TH, FROM 6:30PM - 8:30PM

MEMBERS \$25/NON MEMBERS \$35

Limit 20 people. Register at the front desk.

We need male volunteers for this course. If you are a guy and want to volunteer your time to help the women learn, as well as gain some valuable information for yourself or someone you love, please talk to Keith and let him know!