



WOMEN'S SELF DEFENSE

10 Weeks Seminar

Spring 2011



Begins

Saturday May 7th

10:00 a.m – 11:30 a.m

Please contact Sensei Brad Seward by phone or email to reserve your spot.

740-819-4852

bradseward@roadrunner.com



Wear comfortable clothes that you can move freely in and be ready to have fun and learn skills that could one day save your life!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

