



## Self Defense

## \$95

Practical, basic but effective techniques to get you out of harm's way

### Learn

- ways to avoid threatening situations
- how to properly deliver a striking technique (punch, kick, forearm strike, etc.)
- the basic target areas (vital striking points)
- through realistic situation, and role play
- how to defend yourself from an attacker or multiple attackers from all sides.

No karate background required



Wear gym attire

### WHEN:

April 15 to May 20, 2012  
Each Sunday from  
10:00am – 11:00am

### WHERE:

MKA Chesterfield Dojo  
1709 Clarkson Road,  
Chesterfield, MO 63017

### REGISTER:

Call MKA 636.493.0286

- ✓ A 90 minute program designed for women ages 12-80 with no karate experience.
- ✓ Friendly and fun teaching of a serious topic
- ✓ No special fitness level is required
- ✓ Successfully manage adverse situations