

# USA MARTIAL ARTS

# WOMEN'S SELF DEFENSE



## COURSE

SUNDAY  
**APRIL 25**  
2 PM - 4:30 PM



WHAT  
YOU NEED  
TO KNOW:

**COURSE LED BY:**  
**Keith MacConkey • USA Martial Arts**

- Risk Awareness & Reduction
- Defense against Violent Crime & Sexual Assault
- How to avoid assault situations & what to do if they arise
- Use your natural weapons confidently & effectively

### COURSE INFORMATION:

**COST:** \$ 79

**LOCATION:** USA Martial Arts • Bluff Park Dojo  
645 Shades Crest Road • Hoover, AL • 35226

**ATTIRE:** Comfortable, non-restrictive exercise clothing

**QUESTIONS:** PHONE: 205-822-1671  
EMAIL: [sensei@bluffparkdojo.com](mailto:sensei@bluffparkdojo.com)  
WEBSITE: [www.bluffparkdojo.com](http://www.bluffparkdojo.com)

TO REGISTER FOR COURSE:  
FILL OUT FORM BELOW  
& RETURN or MAIL TO  
**USA MARTIAL ARTS**  
645 SHADES CREST ROAD  
HOOVER, AL 35226  
WITH PAYMENT  
ATTACHED BY  
**FRIDAY,**  
**APRIL**  
**23rd**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_ **DATE:** \_\_\_\_\_