

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
WEBSITE: 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:** _____