

Women's

SELF-DEFENSE CLASSES

TOPICS INCLUDE:

- What are my natural weapons?
- What are vital spots?
- How do I hit properly?
- How can I keep from panicking?
- What if I'm pinned to the ground?
- How do I get a man twice my size off my body?
- What if I'm being choked?
- What if someone grabs me from behind?
- What if I'm pushed to the ground?
- What to do when someone pulls my hair?
- How can I fall safely?

**ATTEND YOUR FIRST TRIAL CLASS FREE
WEDNESDAY, MAY 18TH AT 7:15PM**

Bring a friend & save 50% on enrollment

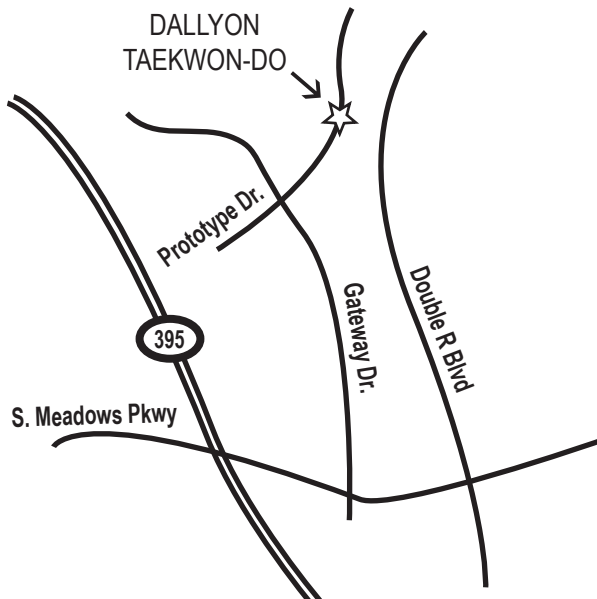


CERTIFIED INSTRUCTORS

**TWICE A MONTH
FIRST CLASS BEGINNING
WEDNESDAY, MAY 18TH 7:15PM**

775-853-6611
CALL TODAY TO RESERVE YOUR SPOT
SPACE IS LIMITED

DALLYON TAEKWON-DO: (LOCATED IN DOUBLE DIAMOND)
9410 Prototype Dr., Suite #18 - Reno, Nevada 89521



**DON'T WAIT
UNTIL YOU BECOME
A VICTIM
START TRAINING NOW!**