

# SELF DEFENSE

## Protect Yourself – Street Safety Self Defense

Instructor: Sifu Williams / LaoShi Pruet

Our Self Defense program is intended to be a great workout that teaches you REAL FIGHTING SKILLS – this is what separates our class from the aerobics kickboxing programs that you find at your local fitness gym. This is a moderate/high intensity cardio and fitness workout that also teaches quick and effective defenses against common attacks. Wear comfortable clothing. For more info visit: [www.northernkungfu.com](http://www.northernkungfu.com) or email [sifu@northernkungfu.com](mailto:sifu@northernkungfu.com).

<b>Class Code</b>	<b>Location</b>	<b>Dates</b>	<b>Time</b>	<b>Fee</b>
5-294AW	ALKF	Fri 9/4-9/25	7:45-8:30 p.m.	\$20
5-295AW	ALKF	Fri 10/2-10/23	7:45-8:30 p.m.	\$20
6-294AW	ALKF	Fri 10/30-11/20	7:45-8:30 p.m.	\$20
6-295AW	ALKF	Fri 12/4-12/11	7:45-8:30 p.m.	\$10