

SELF DEFENSE

Protect Yourself – Street Safety Self Defense

Instructor: Sifu Williams / LaoShi Pruett

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 & fitness workout that also teaches quick and effective defenses against common attacks. Wear comfortable clothing. For more info visit: www.northernkungfu.com or email sifu@northernkungfu.com.

Class Code	Location	Dates	Time	Fee
5-294AW	ALKF	Fri 9/5-9/26	7:45-8:30 p.m.	\$40
5-295AW	ALKF	Fri 10/3-10/24	7:45-8:30 p.m.	\$40
6-294AW	ALKF	Fri 10/31-11/21	7:45-8:30 p.m.	\$40
6-295AW	ALKF	Fri 11/28-12/19	7:45-8:30 p.m.	\$40