



Women's Self Defense Class
Monday, February 24th, 2020
7:00 pm - 8:30 pm

Learn basic self defense
Learn common sense self defense
Learn self-awareness

This is a basic self defense class to teach you how to be aware of your surroundings. This course will also show you basic moves to help in an assault situation. The instructors will take you through the scenarios and then have you perform the techniques on them.

The classes are conducted by Sensei James Stuber and Sensei Josh Peters. Mr. Stuber & Mr. Peters are Class A Instructors with the Karate Institute of America. They, along with other certified instructor at the Munson Karate Institute will make sure you get the most out of your time.



Class held at:
Munson Karate Institute
10823 Mayfield Rd.
Chardon, Ohio 44024
440-285-0871



Only \$10.00 per session.