

No experience needed to learn to protect yourself.

YOU CAN DO IT!

SELF DEFENSE

Seminar

at StoneHouse Martial Arts

What you will learn:

- ◆ What are your weapons
- ◆ What are your targets
- ◆ How to use Self-Defense Weapons
- ◆ What if I am choked
- ◆ What if I am pinned to the ground
- ◆ What if I am grabbed from behind

**Saturday
November 9, 2019
2:00pm-5:00pm**

**\$25 per person
or
(\$50 per family)**

Contact us:

**StoneHouse Martial Arts
102 Belknap St, Superior Wi 54880
Info@stonehousemartialarts.com
(715) 394-5425
www.stonehousemartialarts.com**

