



Master Shim's World Class Tae Kwon Do



Women's Self Defense Seminar

May 19, 2018

\$10.00

2:00 pm

Snack Provided



**Women, Teens, and Girls
All Females Invited!**

REALISTIC SCENARIOS

Hands-On Training, All Skill Levels Welcome

IDENTIFYING DANGER

Through awareness & Intuition

DEFEND YOURSELF

With Simple and Effective Techniques

STRENGTH: BUILD CONFIDENCE

In Your Own Capabilities

R.S.V.P. Early - Spaces Limited

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