

Next Class: October 22, 2016 9:30am – 2:30pm



Only \$25
per person

Royal Rangers Ministries & Red Dragon Martial Arts Self-Defense School

Women's Self-Defense

Self-defense does not have to be complicated. In this women's self-defense class you will learn quick and easy techniques to escape from an attacker. Learning to defend yourself is your moral and legal right.

EMPOWER YOURSELF!

In this class you will:

Learn simple techniques for different scenarios

Self-defense - what to do and what NOT to do

Learn how to use your voice as a weapon

Learn to be aware of your surroundings and not get caught off guard

Effective striking and kicking to enhance your defense

District Resource Center
6051 South Watt Avenue
Sacramento, CA 95829

Doors open @ 9am
Coffee & Snacks
Snacks Included at Break

For Info & Registration pmcwilliams@agncn.org 916.204.9759