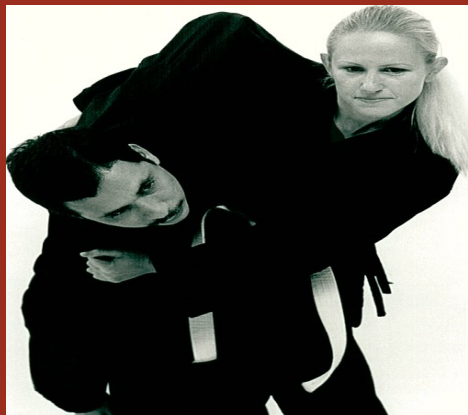


Self-Defense Classes for Women



Monday, July 30 and Tuesday, July 31
at 6:30 p.m.

Two-Class Series

1st class - Introduction & Techniques

2nd class - Practice & Application

Learn techniques of self-defense from a hybrid martial arts form called Kajukenbo which originated in Hawaii. Kajukenbo combines Karate, Judo, Jiu Jitsu, Kenpo, Kung-Fu, and Chinese-Boxing.

Attendees will:

- *Learn the difference between martial arts forms and its origins.*
- *Understand basic self-defense techniques.*
- *Apply some of the learned basic skills.*
- *Comprehend when and when not to apply self-defense techniques.*
- *Students should wear loose-fitting clothes.*

Master Instructor Sufi Jim Nuanes is a 5th Degree Black Belt in Kajukenbo and has studied various forms of martial arts for many years.

Call 972.874.6165 or email fmpl@flower-mound.com to register.

- Attendees must attend both classes and sign a waiver.

