



Women's Self-Defense

September 11th and 13th 6-7:30pm

\$50

To register call 563.386.3383

Join us to train your mind and body for survival while learning:

- physical techniques
- safety strategies
- two different types of violence
- the 3 D's that lead to the 4th D
- the RAD system

QC Family Martial Arts 131 12th St. Bettendorf, IA