

Ladies Self Defense Seminar



FEATURING W.A.V.E. (WOMEN AGAINST VIOLENT ENCOUNTERS)

Do not be a victim!

This Women's only workshop is designed to teach you how to stay safe, healthy and fit! It is fun and will instill confidence to all who attend. We are holding this event for the ladies of our community to stay safe! W.A.V.E is a short term basic self defense program that was designed with women in mind, to give them awareness and effective self-protection in most any situation.

Instruction will be at Paramount Martial Arts. Ages 13 and up please.

"Well taught and made easy step by step moves"

-Seminar Attendee

"I know I am not defenseless and there is always something I can do"

-Seminar Attendee

We offer this class through SPSCC as well.



TIME: 7PM-9PM

DATE: FRIDAY NOVEMBER 21ST

COST: \$25 PER SESSION

PLEASE CALL AHEAD TO REGISTER

OR REGISTER ONLINE

Seminar Held At

PARAMOUNT MARTIAL ARTS

1225 Ruddell Rd SE Suite G

Lacey WA 98503

360-956-0888

WWW.PMAOLYMPIA.COM

**Now Allies
With:**

NO MORE

**TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT**