

# CARVALHO JUDO & BRAZILIAN JIU-JITSU ACADEMY EMPOWERING WOMEN

## TEAM CARVALHO SELF-DEFENSE TRAINING

### SATURDAY, OCTOBER 19TH 10:00AM - 11:00AM

SAVE YOUR LIFE!  
TAUGHT BY SENSEI EDSON CARVALHO HIMSELF



LEARN THE PROPER TECHNIQUES TO NEUTRALIZE AND DEFEND YOURSELF WITH CONFIDENCE AGAINST AN ATTACKER. SAVE YOUR LIFE!

### COST

PARTICIPATION IS TOTALLY FREE,  
BUT YOU MUST RSVP.  
VOLUNTARY DONATION WILL GO TO  
PREVAILING HOPE ACADEMY FOR  
KIDS WITH SPECIAL NEEDS.

### LOCATION

DUNNELLON MARTIAL ARTS & FITNESS  
20751 POWELL ROAD, DUNNELLON, FL 34431

 [WWW.TEAMCARVALHO.COM](http://WWW.TEAMCARVALHO.COM)

 [SENSEI@TEAMCARVALHO.COM](mailto:SENSEI@TEAMCARVALHO.COM)

### DETAILS

NO EXPERIENCE NECESSARY.  
OPEN FOR AGES 13 & UP.  
WEAR COMFORTABLE  
WORKOUT ATTIRE.

TEAM CARVALHO SELF-DEFENSE TRAINING FOR WOMEN IS A ONGOING  
EVENT TO HELP EMPOWER WOMEN TO SAVE THEIR LIFE.  
PLEASE SCAN QR CODE TO REGISTER.



RESERVE YOUR SPOT TODAY! CALL (844) JUDO BJJ

**ENROLL NOW**

