

# CARVALHO JUDO & BRAZILIAN JIU-JITSU ACADEMY

## EMPOWERING WOMEN TEAM CARVALHO SELF-DEFENSE TRAINING FOR WOMEN

SATURDAY, APRIL 27TH

2:00 - 3:00 PM

SAVE YOUR LIFE!

TAUGHT BY SENSEI EDSON CARVALHO HIMSELF



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

### COST

PARTICIPATION IS TOTALLY FREE,  
BUT YOU MUST RSVP  
IN ADVANCE  
TO RESERVE YOUR SPOT!

### LOCATION

TEAM CARVALHO ACADEMY  
85-99 HAZEL STREET  
PATERSON, NJ 07503  
sensei@teamcarvalho.com  
www.teamcarvalho.com

### DETAILS

NO EXPERIENCE NECESSARY.  
OPEN TO AGES 13 AND UP.  
WEAR COMFORTABLE  
WORKOUT ATTIRE.

TEAM CARVALHO SELF-DEFENSE TRAINING FOR WOMEN IS AN ONGOING  
MONTHLY EVENT TO HELP EMPOWER WOMEN TO SAVE THEIR LIFE.

RESERVE YOUR SPOT TODAY!

Call us at: 201-362-9712

ENROLL NOW

