



SPRING BREAK

3 Day SELF DEFENSE WORKSHOP

(AGES 13- and up)

Sign up for My H.E.A.L.T.H. Kick's Self Defense Workshop. Learn to protect yourself when you are least expecting it! Many students going off to college feel safer after taking this course!

You will learn:

- How to defend yourself against
 - Kicks
 - Knife strikes
 - Back and frontal hair grabs
 - Choke holds
 - And more
- How to strike back
- Pressure points in the body

This class has been valuable for Female and Males, as well as, adults.

**bring a friend and save \$5.00 for you and your buddy!*

WORKSHOP DATES:

WORKSHOP TIME:

WORKSHOP COST:

T, W, TH April 7 -9

6PM-7:30 PM

\$50.00

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- Bring tennis shoes, and a water bottle
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For questions or to reserve your spot today, please contact:

Wendy Hood 678-438-4148

To register, fill out attached registration form and pay via PayPal to Wendy@myhealthkick.