



Simple and Proven Techniques
Safety and survival in today's world requires you to know self defense. There are various types of assaults and this women's self defense class gives you the best chance of survival by utilizing simple, effective, and proven self-defense tactics and techniques.

There will be 2 classes conducted concurrently:
Ladies ages 13+
and Children ages 6-12

FIGHT BACK

Self Defense Class

When: Thursday October 20th
6:30pm-8pm
Where: Ross Norton Rec Center
1426 S MLK Jr Ave, Clearwater
Cost: Free for CSF Residents

Register online at
csfhome.org

All techniques are taught by experienced Self Defense instructors in a non-threatening, non-intimidating atmosphere. This session does not require a lot of strength and all techniques are taught in a fun and safe atmosphere. Participants do not need to be in top physical condition or well coordinated.