WOMENS’ MARTIAL ARTS SEMINAR
A FREE SAFETY WORKSHOP

Saturday, October 26, 2013
2:00p.m.-4:00p.m.
(Please meet in Aerobics Room 2)

Instructors: Karl S. Carlylsle and Lincoln Pascual

Come and learn techniques from the disciplines of Jeet Kune Do/ Kali (Filipino Martial Arts), and Israeli Krav Maga. The disciplines being taught are intended to instill a sense of self confidence, self awareness, and safety through the proper training.

If interested, please sign up at the weight room desk or call Fitness Coordinator, Valerie Yamaki 933-7632.