WOMENS’ MARTIAL ARTS SEMINAR
A FREE SAFETY WORKSHOP

Saturday, March 14th
10:00a.m.- Noon
(Please meet in Aerobics Room 1)
Instructor: Karl S. Carlylsle

Come and learn techniques from the disciplines of Jeet Kune Do/Kali (Filipino Martial Arts). 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 932-7748.