MARTIAL ARTS SEMINAR
A FREE SAFETY WORKSHOP

Thursday, September 24th
9:00a.m.-11:00a.m.
(Please meet in Aerobics Room 1)

Instructor: Karl S. Carlyse

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 http://www.signupgenius.com/go/20f0844acaa2baaf58-fitness/ or you can call Fitness Coordinator, Valerie Yamaki 932-7748.