

Fight Like a Girl!!

Tessenjitsui

Learn Self Defense for **FREE!**

with donation of 2 non-perishable food items for local food pantries.

Who: Women of All Ages (12 and up)
(Men are invited too!)

Where: Link's Martial Arts
7 S. Main Street, Mayville

When: January 29, 2011

Time: 1p.m. - 3 p.m.

To reserve your spot or call w/questions
(920) 933-2098 Shirley or (920) 382-6787 JoAnn



Kobudo



Escrima



Self Defense Against:

Choking, Wrist Grabs, Clothing Grabs,
Shoulder Grabs, Floor Attack, Bear Hug, &
Head Lock

Five Principles of Self Defense:

Verbal
Distract
Break Free
Follow Up
Get Away

Demo of:

Tae Kwon Do
Escrima
Kobudo
Tessenjitsui

