

SELF DEFENSE SEMINAR

Friday,
March 10, 5:30-8:30pm
Princeton Rec Center



Statistics:

According to the latest FBI statistics, one out of every four women will be targeted for sexual assault, and a woman is beaten every nine seconds.

USA Martial Arts will teach you the essential skills and tactics to defend and protect yourself in the minimum amount of time and training.

3 Hour Seminar with a question and answer question portion, physical technique training, and handbook

Princeton Recreation Center

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Princeton WV 24740

David Richmond, Chief Instructor

. (304) 237-1290 Direct Phone .



Find us on
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www.WVKarate.com

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