

THOUSAND WAVES MARTIAL ARTS & SELF-DEFENSE CENTER

Self-Defense Basics Workshop

stop
violence

- Assert Yourself
- Protect Yourself
- Let's Practice!

Sunday, June 5th, 11am-2pm

Tuesday, September 20th, 6pm-9pm

Sunday, December 11, 11am-2pm

1220 W. Belmont Avenue, Chicago

\$40 / Scholarship Assistance Available

Register at: www.thousandwaves.org
or by phone: 773.472.7663.



THOUSAND WAVES | fostering FITNESS, HEALING, EMPOWERMENT and PEACEMAKING