

Self-Defense Intensive Course

DATES:

Friday, Jan. 24 –6:00p-9:00p

Saturday, Jan. 25 –1:30-5:30p

Sunday, Jan. 26 –1:30-5:30p

- ~ “Five Fingers” Empowerment Model
- ~ Individual and Community Responses to Violence



COST:

- \$150 for entire course (*mixed gender, teens and adults*)
- \$135 early bird special discount - register by Jan. 10, 2014
- \$75 for full-time students
- Scholarship assistance available

WHERE: 1220 W. Belmont Ave.

Register online at
thousandwaves.org/vpreg.htm
or call 773-472-7663.

Upcoming Intensive Courses:

- Jan 24-26
- Apr 25-27
- Jun 27-29 (teens only)
- Jul 11-13
- Oct 10-12

THOUSAND WAVES | Martial Arts & Self-Defense Center

773.472.7663 | www.thousandwaves.org | 1220 W. Belmont Ave.