

SELF DEFENSE ANTI-BULLYING WORKSHOP

FOR KIDS AGES 6-12

Your child will learn the fundamentals of self defense from a Krav Maga Second Degree Black Belt and team of qualified instructors!

- How to handle real life bullying scenarios
- Self defense skills to empower your child
- Gain the confidence to stand up for themselves (or others)

**FRIDAY, AUG 23
1630-1830
\$20 PER CHILD
HALF OFF FOR
SIBLING!**

**OPEN TO MWR ELIGIBLE PATRONS
PARENT/GUARDIAN MUST BE PRESENT**

**IN-PERSON
REGISTRATION
IS REQUIRED
ACT FAST!
SPOTS ARE LIMITED!**

PIZZA FOR PARTICIPATING KIDS!

FITSTOP FITNESS CENTER, NWSSB

FOR INQUIRIES CALL 562-626-7589

