

Mrs. Cupples proudly announces:

Women's Self-defense Seminar

Friday, April 23rd 2010

7:00 pm - 8:00 pm

1825 Dominion Way, 80917

\$20.00 registration fee



Women's Self-defense Seminar

You need to know how to protect yourself

You do not have to be training in martial arts to attend this seminar

Pre-registration and is required in advance
Please contact Mrs. Cupples to participate in this seminar:
719-209-8277 or MrsC@CommunityKarateClubs.com

Seminar Cost: \$20.00/person

Date: 04/23/10

Time: 7pm - 8pm

Community Karate Clubs
1825 Dominion Way, 80918
719-209-8277

**This is important to you
and to your family. You
owe it to yourself to learn
self-defense!**

I am very excited to offer this interactive and exciting seminar on how to defend yourself to all women 12 - 112!

This interactive seminar will teach you how to defend yourself against an attacker and how to recognize "bad" situations before they happen.

You will learn how to keep yourself and your family safe by making important changes in your life.

**Sign up today (719) 209-8277 or email:
MrsC@CommunityKarateClubs.com**