

# SELF DEFENSE SEMINAR

In this seminar you will learn:

- How to protect yourself from frontal and rear attacks
- How to strike
- What to do if you are grabbed from the front
- How to escape out of a chokehold
- And more!

Bring a friend for partnering up.



TULSA  PARKS

**Saturday, Oct. 6**

**10 a.m. - Noon**

**\$5/person\***

**All Ages!**

HICKS PARK 3443 S. Mingo Road Tulsa, OK 74146 (918) 669-6355

\*Please register by October 2.