Co-Ed Self-Defense Class

For high school students age 14-17 - Held at Analy High

Physical, Verbal & Psychological Self-Defense
Assertiveness Skills, Information & Discussion on Related Topics

- Powerful - Easy to Learn - Easy to Remember - FUN!

DATES: 4 Thursdays, April 9, April 16, April 23, April 30
TIME/LOCATION: 4:00 to 6:00 pm – Analy Library
CLASS FEE: $75 per student
TO REGISTER: Parents should email the instructor.
Email: selfdefenseforgirlsandwomen@gmail.com
Have Questions about the class?
Please Email, Text or Call the Instructor (707) 326-4287

Instructor, Jade Rayne, has been teaching Self-Defense for over 25 years.
Facebook: Jade’s Women’s Self-Defense
Online: www.selfdefenseforgirlsandwomen.com