



FREE WOMEN'S SELF-DEFENSE CLASS

Sponsored by

**Prosecutor
Elliot Kolkovich**

**with Certified Instructor
Chad Cunningham**



Learn simple techniques that could
save your life!

- Verbal techniques
- Free yourself from a choke-hold
- Learn the wrist breakaway
- Escape if pinned to the ground
- Practice kicks and slaps



Scan to check out
our full class schedule

For more information, contact:
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NO REGISTRATION REQUIRED!