

FEMINIST ECLECTIC MARTIAL ARTS PRESENTS:

The FIVE FINGERS-Winter Session

of Self-Defense & Empowerment

For Women & Girls (13+)

2010

NOV 17-NOV 24-DEC 1-DEC 8-DEC 15

ALL Wednesday nights

6:30 to 8:00 pm

\$100 for ALL FIVE Classes

(or \$30 per class)

ASK ABOUT our SPECIAL STUDENT RATE! Scholarships Available!

Please wear Loose Fitted Clothing & Arrive at 6:15pm

**ALL CLASSES HELD AT FEMA
3010 MINNEHAHA AVENUE SOUTH
(in the back at Patrick's Cabaret)
MINNEAPOLIS, MN 55409 (mapquest)**

REGISTER ONLINE

www.femamartialarts.org



The Five Fingers are:

- **MIND-** using your "radar"
- **VOICE-** clear boundaries
- **AVOID/ESCAPE-** bad situations
- **FIGHT-** when needed
(5 targets & 5 natural weapons)
- **TELL-** to heal

**F.E.M.A.
612-729-7233**
