

FIVE ELEMENT MARTIAL ARTS & HEALING CENTER PRESENTS

# The FIVE FINGERS

*of Self-Defense & Empowerment*

**Specially Designed Self Defense Classes for Women** (13+ older)  
*-Mothers, Daughters, Aunts, Nieces, BFF's,  
Classmates, Workmates, Neighbors...*

**2023 SPRING Session**

**MARCH 6th**

**MONDAY**

**6:00 to 8:00 pm**

Please wear Loose-Fitted Clothing, no jewelry, wear a MASK-  
& Arrive by 5:30/45 pm

**PRE-REGISTER ONLINE**  
**SELF DEFENSE REGISTRATION LINK**

**\$50 per person** (*discount for previous participant \$40*)

*CLASS HELD at FEMA-Parking on street and in back through alley-*  
**3743 CEDAR AVENUE SOUTH**  
**MINNEAPOLIS, MN 55407**



**YOU WILL LEARN:**

**MIND**-Using your "radar"  
**VOICE**-Giving clear boundaries  
**AVOID/ESCAPE**-Bad situations  
**FIGHT**-when needed  
(5 targets and 5 natural weapons)  
**TELL**-to Heal

**612-729-7233**

*Taught By* **NATIONALLY CERTIFIED SELF DEFENSE  
INSTRUCTOR & 8<sup>th</sup> DEGREE BLACK BELT**

[www.femamartialarts.org](http://www.femamartialarts.org)