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

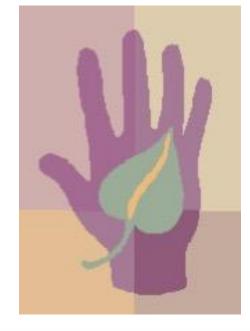
MONDAY 6:00 to 8:00 pm

Please wear Loose-Fitted Clothing, no jewelry, <u>wear a MASK-</u> & 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 & 8th DEGREE BLACK BELT

www.femamartialarts.org