

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 WINTER Session

NOVEMBER 7

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

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