

FIVE ELEMENT MARTIAL ARTS & HEALING CENTER PRESENTS

The FIVE FINGERS

of Self-Defense & Empowerment

Specially Designed Self Defense Class for Women by Women *(13+ older)*

Including: Trans-Women, Non-Binary

*Invite your: Mothers, Daughters, Aunts, Nieces, BFF's, Classmates,
Workmates, Neighbors...*

2023 SUMMER Session

JULY 10th MONDAY

6:00 to 8:00 pm

Please wear Loose-Fitted Clothing, no jewelry, masks optional
& 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