



FEMA-SPECIAL GROUP SELF-DEFENSE & EMPOWERMENT

Customized Self Defense Course for your GROUP

**A TWO HOUR course especially designed and in
collaboration for your group on!**

**We teach the *FIVE FINGERS* of Self Defense:
Using your *MIND*, your *VOICE*, how to *ESCAPE*, how to *FIGHT* back,
and how to *TELL* your story for descriptions and healing.**

***Individual or Non-profit-1-10 Participants=\$200-\$500*sliding scale
each additional person over 10 is \$10-20* each***

***Corporations -1-10 Participants=\$300-\$800*sliding scale
each additional person over 10 is \$20-50* each***

****ON SITE PRICING/off-site available-ask for pricing.***

pre-register at: www.femamartialarts.org

***Pre-registration is required: \$50 non-refundable deposit is due 2 weeks before date
set. Call for available dates and times.***

**Contact Shifu Kore' Grate
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