

Monday MARCH 18th-6:00-8:00PM

FOR: WOMEN & GIRLS (13 and older)

The FIVE FINGERS of Self-Defense & Empowerment

\$50.00 *ASK ABOUT our SPECIAL STUDENT/SENIOR RATE! Scholarships Available!*

***Please wear Loose Fitted Clothing/No Jewelry & Arrive by 5:45 PM**

PRE- REGISTER ONLINE
www.femamartialarts.org

The Five Fingers:

- **MIND** - Using your "Radar"
- **VOICE** - Clear Boundaries
- **AVOID/ESCAPE** - Bad Situations
- **FIGHT**- When needed (5 targets & 5 natural weapons)
- **TELL**- Identify/Heal/Peace Building



612-729-7233

ALL CLASSES HELD AT FEMA
3743 Cedar Avenue South, Minneapolis, MN 55407
FEMA is a 501c3 non-profit organization