

!!FREE!!

Family and Community Self Defense Classes



Mondays from 6-7pm

June 4, 11 & 18

**Seminole Heights Baptist Church
801 E. Hillsborough Ave.**

All ages welcome

Classes held in the Fellowship Hall

Doors open at 5:45pm

(double doors off the parking lot)

**Classes taught by Black Belt instructors
with Grace Martial Arts**

- ◆ Learn how to defend yourself and your family against many types of physical attack.
- ◆ Learn the most important 60 seconds in self defense and the most important 5 seconds in self defense and how knowing what to do during those two times could save your life.
- ◆ Learn awareness skills and how to escape from grabs and holds.
- ◆ Learn how to defend yourself and your family in your house and neighborhood, in parking lots, stores, and other buildings.
- ◆ Learn how to use "anything" on you or near you as a self-defense weapon (environmental defense).

Classes are presented by Grace Martial Arts,

Seminole Heights Baptist Church, and Mission Tampa