



## ***Women's Self Defense Class***

***FREE!***

**Saturdays 9 am**

**With Master Goldman**

We will work on practical self-defense and situational awareness.

Class is not limited to HK Lee students – moms, sisters, & friends are welcome.

Prior martial arts experience will be helpful but it is not necessary.

12 and older – younger blackbelts may participate with instructor's permission.

Please wear comfortable street clothing that allows you free movement.

No class on days when we have exams or holiday weekends!

**Grandmaster H.K. Lee Academy of TaeKwonDo**

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