

Subtle Warrior Self Defense

Specializing in Personal Defense Education for Women since 2004

Short-Term Classes

“So, what can I expect?” Each class builds upon the others, educating on a full spectrum of self protection and personal defense. Come learn, play, dialogue, and discover.

Developed for women by a woman. Defense education through our lens, for our lives and for the experiences and challenges we face.

“From Strength to Strength We Rise”

When: Sat., May 29 **Time:** 10am -12 noon
Sat., June 5
Sat., June 12
*Friday, June 18 **Time:** *6pm -8pm

Where: Arms-R-Us Classroom
263 Spring Valley Pkwy Unit D, Spring Creek

Who: For women 13 years and up

Cost: \$125

Register: SubtleWarriorSelfDefense.com

• Limited seating •

Lisa Abbott has a blackbelt and trained in the martial arts for nearly 20 years before choosing to specialize in self defense. She has been married for 38 years, is a grandmother, has two grown sons and works for the public school system. Lisa trains with violence professionals and has several certifications. Most recent is Instructor Development Certification from Rory Miller’s Chiron Training and an endorsement with #500Rising.

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Subtle Warrior Self Defense LLC

Subtle Strategies • Warrior Tactics

Questions? Contact Lisa • Subtle_Warrior@yahoo.com

Text: 340-6473

