



*Free  
Age 16 +*

# Women's SELF DEFENCE Seminar

Space is Limited  
Register today!

## *Key Highlights*

- ✓ Expert Instructors
- ✓ Proven Real World Techniques
- ✓ Contact driven approach
- ✓ Real world scenarios that can be customized
- ✓ Empowerment through practice
- ✓ All skill levels welcome

*Registration at*  
[www.onecommunityma.com](http://www.onecommunityma.com)

## *About The Seminar*

Join our not-so-average women's self-defense seminar, designed to empower you with real-world skills and confidence. Unlike typical courses, our curriculum is grounded in proven Krav Maga techniques, offering more than just theoretical knowledge. This seminar is about action and contact, ensuring you not only learn the moves but also practice them in real-life scenarios. Our focus is on effective, straightforward defense strategies that work in high-pressure situations

## *Where*

35 Diller Ave  
New Holland PA 17540

## *When*

Jan. 28th 2pm-4pm

Feb. 4th 2pm-4pm

## *Contact us*

(484) 577-0814

*Class Size Limited to 16 Students*

Made with PosterMyWall.com

