



present

A SELF-DEFENSE WORKSHOP FOR ALL AGES AND LEVELS



The mission of the Asian Defense Alliance is to empower the Asian community and allies against hate crimes and other violence through self-defense training and education

**SITUATIONAL
AWARENESS**

**AGGRESSION
DIFFUSION**

**SELF-DEFENSE
TECHNIQUES**

SUNDAY, AUGUST 7 10:30 AM TO 12 PM

CHELSEA MARKET MAKERS' STUDIO - 75 9th Ave (btwn 15th & 16th Sts)