



SELF DEFENSE SEMINAR November 4, 2017 @ 2PM

WOMEN'S

GOLDEN TIGER KARATE 9501 Flushing Quail Rd. Suites 11 & 12, Bakersfield, CA 93312

THE SEMINAR WILL CONSIST OF THE FOLLOWING:

Self defense & striking techniques
Active shooter defense
How to escape an attacker
Learn proper pepper spray defense
Learn Kubotan keychain defense

Open to women/girls 12 years and older. Girls under 18 MUST be accompanied by an adult. Pepper spray will be given to adults ONLY .

See sample video





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