



# WOMEN'S SELF DEFENSE SEMINAR



**August 13, 2022 @ 3PM**

**GOLDEN TIGER KARATE**

**2550 Jewetta Avenue,  
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
- Flashlight defense
- Duct tape escape
- Cat calls & street harassment



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



Join us on Facebook



CALL TODAY TO RESERVE YOUR SPOT • 661-345-4371