

The Gi Yu Dojo
Sukh Sandhu Martial Arts

Will be OFFERING a 6 WEEK

Women's Self Defense Program

Starting Feb 8th through Mar 14th 2012.

Classes will be one day a week **Every Wed.** (*Feb. 8, 15, 22, 29, Mar. 7, 14*)
from **8-9pm** at
960 Meadows Manor Dr. Centerville, OH 45458
937-435-2203
www.giyudojo.com

This *Level 1 Awareness Training* is for anyone over the age of 15. Regardless of physical fitness level, previous experience or age...THIS course WILL be beneficial to all. A student of this course will learn basic stretching exercises, basic awareness drills, basic striking and scenario based drilling. The student will also feel a sense of empowerment with completion of this course. Even if you have already taken this course....a review of this material would be beneficial to anyone.

Cost- \$65 for all 6 weeks!!!

