

series class ~ winter 2018



4 week series

day	tuesdays
time	630-730 pm
session 1	1/30 - 2/20
session 2	2/27 - 3/20
price	\$72

\$20 drop-in to first class

self-defense for women & girls

build self-reliance, defend yourself

this 4-week beginner series introduces women & girls to the basics of self-defense. master lorenzo gibson 7th degree black belt in the martial arts, has studied martial arts for over 35 years, will teach very effective easy to remember self-defense techniques. learn how to escape holds and basic easy striking to vital spots, to help you, as a female, feel more secure in this changing world.

open to women and girls ages 10 and up. no experience necessary.

with master lorenzo gibson

grandmaster lorenzo gibson has studied martial arts for over 35 years. his foundation and focus is traditional tae kwon do, a korean art of self-defense. he holds the rank of 7th degree black belt, thus earning the title of grandmaster. grandmaster gibson has also studied korean weaponry, kumdo (korean kendo), aikido, judo, jiu jitsu, karate and grappling. he has instructed over 400 black belts and has earned recognition and lifelong devotion from his students.



 **yoga source**
inspiration for transformation
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to enroll
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