

A PLUS T.K.D WOMENS SELF DEFENSE SEMINAR

3201 Mountain Rd
Pasadena Md 21122
(410)360-5800



Learn how to gain self-confidence

Learn how to defend yourself from an attacker

Learn technique's that actually work
(Tae Kwon Do, Boxing, Kick Boxing, Karate, Grappling, Hapkido)

Just think these 3 hours could save your life!

July 19th 1-4:00

All ages welcome...

Wear comfortable clothes

\$35.00 per person

\$20.00 for a friend

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