

GRACIE UA PRESENTS



**CHICAS & CHOKEHOLDS:
WOMEN'S SELF DEFENSE SEMINAR**

**SATURDAY, JULY 13TH AT 12:30 AND 2:00PM
1650 W. LANE AVE (ACROSS FROM LANE AVE SHOPPES)**

Your self defense needs are unique to you. Join us to discuss your concerns and learn about your options in a fun environment. We can help you develop a strategy that will give you confidence in any situation you may encounter. Class size will be limited to 10 people.

To register or get more information email Tom@GracieUA.com or visit www.gracieua.com

\$25 PER PERSON

**20% DISCOUNT FOR
GROUPS OF 2 OR MORE**