

Self Defense for Women



Who: Women ages 12 and up

When: Sundays—March 31, April 7 & 14
2:00—3:30 PM each date.

Where: DeWitt Fitness Center

Why: Be Prepared. Don't be a target!

Learn the basic skills necessary to protect yourself. This class will show you how to be aware of your surroundings as well as teach you self defense moves in case of an attack.

Instructors: Taekwondo instructors from DeWitt Fitness Center.
Trained by Chung Kim's Black Belt Academy.

Cost: \$30 Per person / Minimum of 6, Maximum of 20

Register: DeWitt Parks & Recreation / 900 14th Street

Information: Call 563-659-5127 or visit parks.cityofdewittiowa.org

DEWITT PARKS & RECREATION
Self Defense Class



Name / Age: _____

Phone #: _____

Email: _____

Office use only:

_____ Check (#_____)

_____ Cash

Staff Initials _____