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PROTECT YOURSELF VII

All Women's Self Defense Seminar

Basic and Brutal Skills Grabs and Holds

Practical & Brutal hands on Self-Defense seminar with Sensei Ryan Penn and Chief Instructor Adam Sutherland of Willowtree Martial Arts & The Toronto School of British Jiu Jitsu

Perfect for women
16-90 years of age

Sunday December 8 , 2019 1-4 p.m.
Please arrive 15 minutes early for registration

Members: Free
Non-Members: \$65
Early Reg. \$50 before Nov 30th

www.willowtreemartialarts.ca 416 568 5934

B1-398 Steeles Ave W - Lower Sub-level Under Unit #16, Thornhill, ON L4J 6X3

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