



**Guards On Duty**



*You are many things in life;  
a Woman; a Mother; a Wife;  
a Daughter; an Aunt; a Cousin;  
an Awesome Best Friend;  
a Coworker, and a Neighbor. . .  
But **NEVER A VICTIM! LIBERATE**  
your **FEAR!** Enroll today and learn  
how to manipulate the inherent  
weaknesses found in every human  
body with skillful ease.*

# **WOMEN'S SELF-DEFENSE**

## 8 - WEEK COURSE

SATURDAYS 12:30-1:30PM,

JANUARY 7-FEBRUARY 25, 2017 (8WKS/2MONTHS)

*Specializing in Choke Hold Releases, Wrist Grabs, Joint Locks and Manipulation  
Self-Defense Striking Techniques*

**\$150.00** | **ADULTS ONLY**

*(18-60 years of age) • A waiver must be signed before the beginning of the course.*

FOR MORE INFORMATION

**201-803-3044** OR  
**201-568-3472**

REGISTER ONLINE AT

[www.register.communitypass.net](http://www.register.communitypass.net)

**ENGLEWOOD PARKS AND RECREATION**

12 TENAFLY ROAD

ENGLEWOOD, NEW JERSEY

CONTACT: **STEVE FORD**



*RESERVE YOUR SPOT TODAY! Limited Space Available No Make Up Classes Offered*



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# WOMEN'S SELF-DEFENSE

## 8 - WEEK COURSE

THURSDAYS 7:00-8:00PM,

JANUARY 12-MARCH 2, 2017 (8WKS/2MONTHS)

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