



Women's Self-Defense Workshop

Opened to all

Ages 14+

All minors must be accompanied by an adult

**Every Wednesday
January 9th - February 13th, 2019
5:30pm-6:30pm**

**St. John's Church
3833-8th Ave Kenosha, WI 53140**

Prices

\$25 for ALL 6 classes

**Or included with your BKMA
membership**

**Pay Online At:
<https://squareup.com/store/BKMA>**

Or Pay at the door!

What Will There Be?

**Simple combat
techniques that are street
worth**

**Fun for all ages and body
types**

What Will You Need?

Workout Style Clothes

Water Bottle

Comfortable Shoes

Open Mind

Hosted by Braun's Karate and Martial Arts
More information and to sign up at

www.bkmartialarts.org