

# EMPOWER YOURSELF

*Woman's Self Defence Class gives women the tools needed to not only defend themselves but to empower them. All classes are taught in a safe, positive environment where they will learn simple yet extremely effective techniques so they will always be physically prepared and mentally aware, as well as get a complete cardio workout.*

**HEALTHY**

**STRONG**

**ALERT**

**HAPKIDO**

# SELF DEFENCE CLASS FOR WOMEN

Day : **Every Tuesday**  
Time : **11:00am-12:00pm**  
Age : 16 years old and above

Cost : \$160 per class  
Venue : Squash Court A  
Instructor : Ignacio Alba Ruiz  
5<sup>th</sup> DAN Hapkido Master