



## South Lyon Area Youth Assistance & Choi Kwang Do



# FREE!! Self-Defense Class

## Middle and High School Aged Girls

### Sunday, June 10, 2018

Lead by: Angela Ugo, 2nd Degree Black Belt, Certified Chief Instructor &  
Black Belt staff

- ◆ Increase self-esteem, self-confidence, & awareness of surroundings
- ◆ Use natural body movements and sequential motion to develop optimum force
- ◆ Develop ability to respond to threats
- ◆ Defend your instinct

**Middle School Aged Girls 1:00 pm to 3:00 pm**

<https://msgirlselfdefense.eventbrite.com>

**High School Aged Girls 3:30pm to 5:30pm**

<https://highschoolgirlselfdefense.eventbrite.com>



**Location: Darnell Choi Kwang Do - 588 N. Lafayette, South Lyon 48178**

For more information call **South Lyon Area Youth Assistance** at 248-573-8189