



**South Lyon Area Youth Assistance
and**

Choi Kwang Do present:



Free Self Defense Class for Middle School Girls



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

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



Middle School Aged Girls

Date: Sunday, June 4, 2017

Time: 1:00 pm to 3:00 pm

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



<https://girlselfdefense.eventbrite.com>

*registration required

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