



# FREE Self Defense Class

## Middle and High School Aged Girls

### Saturday, June 1, 2019

**Headed 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 9:30 am to 11:30 am**

<https://msgirlselfdefense2019.eventbrite.com>

**High School Aged Girls 12 pm to 2pm**

<https://highschoolgirlselfdefense2019.eventbrite.com>

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

This is not a SLCS sponsored event

