

Self Defense Class



Learn functional self defense for everyday situations including escapes, striking and weapons

Learn how to defend yourself and avoid dangerous situations while learning the basics of self defense and awareness.

When: Starts Jan 26— Every Tuesday 6:00-7:30 pm (5) Classes Total

Where: Dillsburg Karate Academy 220 S. Second St Dillsburg

Cost: \$50

Must pre-register by Jan 12, 2016 (Minimum age 13 to participate)

For more info or to register:

Call 717-432-7799 or email- dojo@dbgkarate.com

All classes taught by Black Belts from

Dillsburg Karate Academy