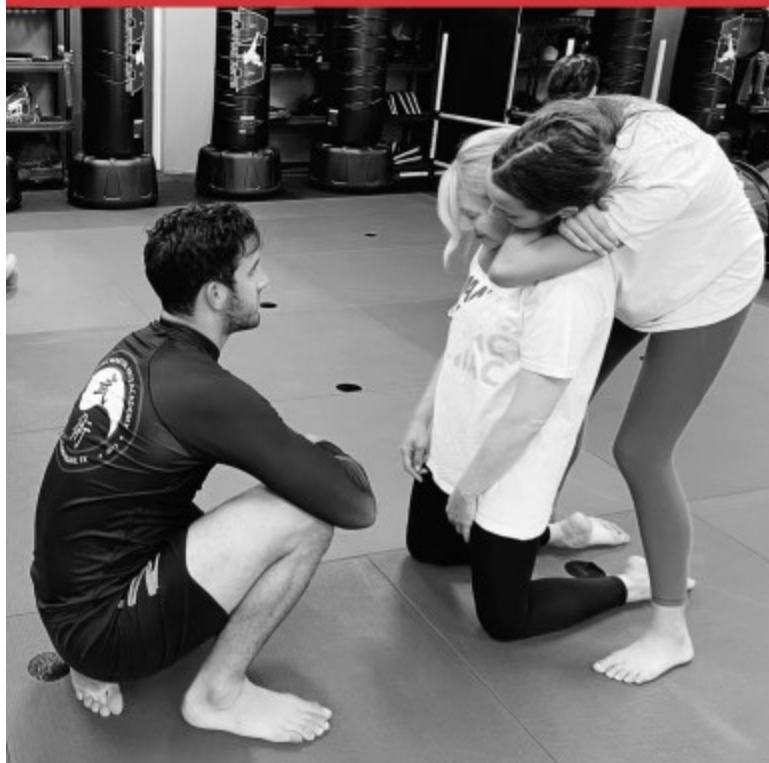


WOMEN'S **SELF DEFENSE FUNDAMENTALS**

HOSTED BY DAVID RODRIGUEZ



8 WEEK PROGRAM
SEPTEMBER 13TH - NOVEMBER 1ST
MONDAYS • 7:30PM -8:30PM
\$160

Everyone deserves to feel safe and empowered. During Rodriguez ATA Jiu Jitsu Academy's 8-week program, under the guidance of certified instructors, participants will have the opportunity to learn valuable and effective defensive tactics against physical and sexual assault in a safe and controlled environment.

SELF DEFENSE FUNDAMENTALS WILL COVER:

ENVIRONMENTAL AWARENESS
SITUATIONAL CONTROL
STANDING POSITIONAL ESCAPES
GROUND POSITIONAL ESCAPES
OFFENSIVE SUBMISSION ATTACKS

DON'T BE A VICTIM!

LEARN TECHNIQUES, BE PREPARED, FEEL CONFIDENT



RODRIGUEZ MARTIAL ARTS ACADEMY

2930 Justin rd highland village Tx 75077

Rodriguezata.com

972-317-0303

EMAIL: Tkd@rodriguezata.com