

Fight Like A Girl!



*Renaissance Martial Arts
proudly presents*

2 Women's Self-Defense Seminars

No Charge for Seminars

A pay-what-you-can donation will be accepted for
Alternatives for Battered Women

www.abwrochester.org



These seminars will cover the fundamentals of self defense in a safe and fun environment. Emphasizing simplicity, each session will address common types of physical and emotional confrontations.

The simple solutions you'll learn will work, under pressure, for any woman. You will learn exercises that reinforce those self-defense skills while getting you fit for the fight.

Participants are welcome to come both nights.

- Space is limited, be sure to reserve a spot.
- Wear loose fitting, comfortable workout clothing, and bring water.
- Be prepared to sweat and laugh!

Monday, July 25 &

Wednesday, July 27

6.30 - 8pm @ Renaissance Martial Arts

(in the Capoeira Mandinga Academy)

46 Sager Dr, Rochester, NY 14607

for more info or to reserve a spot
call 585.737.5707 or visit:

renmartialarts.com

*or use this QR code
to get more information
using your smartphone*

