

JUJITSU AMERICA PRESENTS WOMEN'S SELF DEFENSE SEMINAR

Taught by Top Women Instructors

This Clinic will focus on simple and effective techniques that are easy to remember and use under the stress of an actual attack, developing the student's ability to anticipate and avoid conflict as a first line of defense.

Great for all ages, abilities both men and women!

Bring the important people in your life so they can learn how to protect themselves!!!!

KEY Techniques include:

- Escapes from a variety of grabs
- Strikes to specific target areas for maximum effect
- Surviving on the ground and the skills to fight back to a standing position to escape
- Using ever day items as weapons

Where: Nikko Jujitsu School
190 Martha Street, San Jose CA
When: Saturday, April 25th – 12:00 to 3:00
Cost: \$15.00 at the door

Please wear comfortable clothing and plenty of water

Awareness • Prevention • Defensive Tactics

For More Information Call 408.202.3845