

Stay Safe: Learn to Protect Yourself



**World Martial Arts Academy
March 14th - 2:00-3:00pm
at the WMAA Muskego location**

Learn how to avoid dangerous situations and defend yourself at WMAA. Work with Grand Master Yun and his staff to acquire easy-to-use techniques to help you stay safe. In addition to self defense techniques, you'll learn how to fall safely—a valuable skill to have during icy Wisconsin winters.

- Open to women of all ages and abilities
- Learn easy to use self-defense techniques
- Free seminar, register today!

Bring a buddy to practice with or work with an instructor or another student. Wear comfortable, unrestrictive clothing.

For more information or to register, contact Head Instructor Robert Benton at 262-679-1010. Spaces are limited; call today!



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