



Women's Personal Safety Course by Casa De Karate

This is a comprehensive, women-only course that emphasizes awareness, prevention, risk reduction and risk avoidance

We progress through basic hands-on defense skills to realistic scenario based training.

This is not a Martial Arts program. This class is designed to provide you with the skills to meet your abilities, and increase your self-confidence.

Our largest goal is to help you to be able to react in a stressful environment and to be able to defend yourself.

Class scheduled for 6 weeks (additional classes may be added at no extra charge)

When: Wednesdays nights 7:50 to 9:00 p.m. Beginning December 2 (no classes will be held on December 23 and 30.)

Where: Casa De Karate at Diamond Gym,
39 Philo Road West
Elmira, NY

For more information, contact the instructor at (607) 765-0459 or at kent@casadekarate.com or visit our web site at www.casadekarate.com