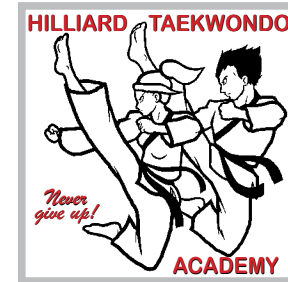




Self-Defense Basics for Women

Sunday October 13, 2024 • 1:00 - 3:00 pm



No cost • open to the public & our HTA families

HOW DO I REGISTER?

email us through our website or

message us through our facebook page or

use our Google sign up

<https://forms.gle/hYPwi5vRm1NL4RVx9>

A fun and effective class!

You'll practice easy-to-remember basic self-defense techniques that can help you feel safer and more empowered. Bring a friend or two ... or come by yourself and make some new friends.

Taught by Ms. Thompson

7th Degree Black Belt - 25 years of training
owner of Hilliard Taekwondo Academy

- Females age 13 and older
- Learn techniques that are easy to remember
- Feel more confident
- Wear comfortable, loose-fitting clothing
- Practice strikes & kicks on padded targets
- Plan to have FUN!

at HILLIARD TAEKWONDO ACADEMY

6320 Scioto Darby Road

(corner of Cosgray & Scioto Darby Roads across from
the new Hilliard Wellness Center under construction)