



Free Women's Self Defense Class (12&up)



February 24, 2018 1:30-3:00pm
Paragon BJJ 235 Tank Farm Rd, SLO

Open to females age 12 & over. February is also Teen Dating Violence Awareness month and we will have a representative from RISE on hand to speak about the subject.

Open to all skills levels. The event is free but we will be accepting donations for RISE(www.riseslo.org) Paragon will match your donation as well!

We will be covering wrist releases, bear hug defense, striking defense and basic groundwork.

Please RSVP so that we can ensure we have adequate instructors on hand.
ParagonSLO@sbcglobal.net 805-305-7512