

WOMEN'S SELF DEFENSE INTRO

Powerful Defenses Against Common Standing Attacks

FRIDAY MAY 18, 2018

5:30-9:30pm

at San Luis Coastal Adult School

1500 Lizzie Street, off Johnson in San Luis Obispo



Learn how to use your body's built-in tools effectively

Get expert instruction, personal attention, and lots of support

**To Enroll: Call (805) 549-1222
or register online at ae.slcusd**

Cost: \$37 No Drop-Ins

More Info: The physical skills can be learned and used by women of all sizes, shapes, and ages. Simple but powerful techniques are from the nationally acclaimed Model Mugging Self Defense program. The Instructor Mary Tesoro, founder of Model Mugging of San Luis Obispo (w/Tom Elliott), and author of *Options For Avoiding Assault*, has taught self-defense & martial arts for 35 yrs.