



MARTIAL ARTS CENTER

SELF-DEFENSE CLASSES

COST: \$7/CLASS

***It's FREE if you have the Martial Arts Center with Classes add-on!**

OUR PROGRAM

Join our dynamic self-defense class to learn essential skills for navigating and escaping emergencies safely. Our experienced instructors will guide you through practical techniques, including situational awareness, assertive communication, physical defense, and escape tactics. Empower yourself to handle emergencies with confidence and resilience. Don't miss out on enhancing your personal safety!



SIGN UP NOW



541-779-7529

*There is an additional fee for this premium class

STARTING MAY 4TH

On the 1st and 3rd Saturdays of the month at 11:30am

