

WOMEN'S SELF-DEFENSE WORKSHOP

Learn basic concepts in identifying and avoiding danger. In pairs, participants will practice simple self-defense techniques in a safe, hands-on environment.

WHEN: 7 – 8 pm, April 9 and 16 (Thursday)

WHERE: 222 8th Street, NE, Washington DC

Upper Parish Hall, Parish of St. Monica & St. James

COST: Suggested Donation \$10. Proceeds will go to Calvary Women's Services.

INSTRUCTOR: Meipo Martin holds a 4th degree black belt in Aikido, with over 26 years of experience in martial arts. She is the Assistant Chief Instructor of Capitol Hill Aikikai.



Space is limited • Register at CapitolHillAikikai.org

Questions? Contact us at: admin@capitolhillaikikai.org • 202-509-1632

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Calvary Women's Services

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