

J U L Y 19TH 2 0 1 4

ASAP 

Applied Self Defense Assault Prevention



Are you ready?
Your attacker is!

Aikido OF South Florida

Deadline July 7th, 2014

Cost: \$30 preregister/ \$40 at the door

Stephanie Yap Sensei, a 6th degree black belt, will be hosting another Women's Defense Awareness Workshop, Saturday, July 19th, 2014 from 10:00am-12:00. Yap Sensei has also instructed the Hollywood and Ft Lauderdale Police Departments as well as the Fort Lauderdale S.W.A.T team in a series of seminars, using Aikido as an effective means of personal defense against assaults. Learn simple strategies to develop a stronger state of mind and body.

Must be at least 18 years old to participate. Please arrive at least 30 minutes before the course to complete the registration form and waiver. For the course, sweatpants and t-shirts are recommended.

For more information please call (954) 929-2656 or visit the web site to register.
www.aikidoSFL.com.