



Self-Defense Class!!!

Join Grand Master, Clarence Smith (8th Degree Blackbelt) for a life-enhancing training on self-defense. This class will show you how to effectively apply fundamental techniques of the martial arts to defend yourself in the event of an attack. Some benefits of this class are:
enhanced self-awareness, effective techniques, better focus,
improved confidence, and it's a fun class!!!

2 times to choose from:

Saturday, January 16th from 10:00am-12:00pm

or

Saturday, January 16th from 12:30-2:30pm

Cost for the class in only \$20 (if you pre-register) or \$25 at the door!

Space is limited to 30 people per class, so register soon!

Class location-The Offices of Church of the Beach Cities:
1807 Manhattan Beach Blvd. in Manhattan Beach (near Trader Joe's)
All ages, body types, and skill levels are welcome to attend.

Grand Master Smith is donating all proceeds to aid the Ballard Family in their adoption of 2 Ethiopian orphans.

Register by January 14th with Heidi Ballard @
ballarddesigns@yahoo.com or 310-940-4629

Check out the "Karate For Your Body" website @
karateforyourbody.com

