



Instructed by Manuel Velarde

“Practical Life-Saving Skills And A Great Workout”

Ages: 6 yrs – Adult

Classes: Mon. and Wed.

Times: 5:30—6:30 PM

Cost: \$60 Monthly membership fee

\$50 each additional sibling

(Additional Fees Will be Required for Uniform & Tests)

****Philosophy of Non -Violence & Non-Aggression***

****Mental Defense Skills***

****Control the Opponent Without Harm***

