

Don't be scared....be prepared!

**WOMEN'S SELF DEFENSE
SEMINAR**

Saturday – February 10, 2007

12:45 P.M. until 2:00 P.M.

**** Learn Shao-lin Kung-fu – basic, easy to apply techniques, proven effective since 1500 a.d., to help protect you in our ever changing society ****

Seminar location:

**SHAO-LIN CENTER
FOR MARTIAL ARTS
26406 LORAIN ROAD – 2nd FLOOR
NORTH OLMSTED across from Great Northern Mall**

Cost: \$20.00 per person

Contact Sifu Frank Versagi at **440-716-5425
Or Email: sifufrank@shao-lin.net**

RSVP not required, but helpful