

HOMANN KARATE DO

# WOMEN'S SELF DEFENSE CLASSES

FOR  
AGES 9  
AND OLDER

Learn Techniques of Self  
Defense & Feel Confident

*To Register:*

[WWW.HOMANNKARATEDO.COM](http://WWW.HOMANNKARATEDO.COM)

## Session Dates:

Tuesday 9/2/25 6:10 to 7:00 P.M.  
\$25.00

Friday 9/12/25 7:10 to 8:00 P.M.  
\$25.00

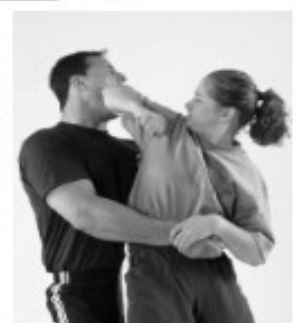
Tuesday 9/16/25 6:10 to 7:00 P.M.  
\$25.00

Monday 10/6/25 6:10 to 7:00 P.M.  
\$25.00

Small Class Sizes/10 Maximum

## Self Defense to improve:

- ✓ Empowerment & Self Confidence
- ✓ to protect yourself
- ✓ awareness of your surroundings
- ✓ how to become stronger, overcome fear
- ✓ to avoid dangerous situations



For more details:

219-661-0085



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