

SELF-DEFENSE SEMINAR

- LEARN HOW TO DEFEND YOURSELF EFFECTIVELY
- INDEPENDENT OF YOUR SEX, STRENGTH AND TRAINING CONDITION
- WELL TRAINED MALE AND FEMALE TEACHER (3. & 1. DAN KARATE)
- COURSES IN GERMAN AND ENGLISH
- SUPER LOW STUDENT PRICES: 20€
- UPCOMING COURSES: 18.4. & 2.5. 2020, 10 AM - 2 PM
- **register until 11.4. & 15.4. : sportschule-michi@web.de**



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STOP WORRYING, START ACTING

