



Walking Stick Self Protection Class



CanePro® Level 1 Seminar

- Defense
- Footwork
- Basic Thrust
- Basic Strikes
- Practical Applications

This level of the CanePro® Walking Stick Self-protection program is required for all who wish to become a CanePro® Instructor, but is designed specifically for those who may have a mobility need for carrying a cane.

This is your Opportunity to Learn One Of Today's Most Practical Tools of Self-Defense

Date & Time:

Saturday April 3rd, 2010
1:00 – 4:00 p.m.

Cost:

Mass Martial Arts Members: \$35.00
Non-Members \$50.00

Seminar Location:

MASS Martial Arts
5724 George Washington Mem. Hwy.
Yorktown, VA. 23692
(757) 846-1188

Space is Limited – \$5.00 Discount for Enrollment prior to 3/31/10

