

**WOMEN EMPOWERED**

# FREE SELF-DEFENSE SEMINAR

Saturday, October 1, 2022  
1:00-3:00PM

NO EXPERIENCE NECESSARY | FIRST-TIME STUDENTS ONLY



## SURVIVAL



### COST

Participation is **FREE**,  
so please RSVP in  
advance.

## FITNESS



### LOCATION

Norfolk Karate  
Academy/Gracie Jiu Jitsu  
Norfolk:  
814 45<sup>th</sup> St. Norfolk, VA  
23508

## EMPOWERMENT



### DETAILS

Open to all women ages  
12+! Wear comfortable  
workout attire. Bring a  
friend!

RSVP via the email or phone number below:

[info@norfolkkarate.com](mailto:info@norfolkkarate.com) | (757)623-8997 | [norfolkkarate.com/women](http://norfolkkarate.com/women)