

Self Defense Skills



Ages 14 & up
Mondays & Thursdays
6—7:30 pm

Now offering a highly evolved, practical defense training system. With over 20 years of experience as a master instructor for King County jail and a 8th degree black belt in Kajunkenbo. Class will cover scenarios and situations for those that desire to learn how to defend themselves and others. Come in workout clothes and bring a notebook. For more info visit www.kajukenbowa.com.

Price: May \$75
June \$75
July \$75
August \$75

Taught by: Bryan Davies
To register: (253) 835-6900
Kim.ledyard@cityoffederalway.com
www.itallhappenshere.org

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