

# 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](http://www.kajukenbowa.com).

**Price:** September \$75  
October \$75  
November \$75  
December \$75  
(December 2—19)

**Taught by:** Bryan Davies  
**To register:** (253) 835-6900  
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[www.itallhappenshere.org](http://www.itallhappenshere.org)

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