



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SELF DEFENSE WORKSHOP

LaGrange Community Center

Join husband and wife black belt team for a training on self defense. Jim Ford is an 8th degree black belt with 40 years experience and Jill Ford is a 2nd degree black belt with 20 years experience. This workshop will teach you how to be aware of your surroundings and the basic self defense moves that can save you in the case of an attack. For women ages 13 and older.

DATE: (Choose 1 of 2 options)

Wednesday, March 16th

Wednesday, April 15th

TIME: 6:00 p.m.

COST: FREE for facility members
\$10 for program members

REGISTRATION: LCC Director–
Mackenzie Dozer 502-224-6474 or
mdozer@ymcalouisville.org

