



SELF DEFENSE

Be Strong—Be Safe!

SELF EMPOWERMENT

A Safety & Self-Defense Workshop for ALL ages

Don't Forget to Invite a Friend ...

- 🕒 Raise your Awareness—Build Confidence!
- 🕒 Learn Physical Skills to Escape and Defend Yourself
- 🕒 Learn ways to prepare yourself to prevent from being a Victim!
- 🕒 Learn effective conflict avoidance techniques
- 🕒 Learn simple situation awareness techniques and precautionary measures.
- 🕒 Learn how to use natural body defenses—arm/leg strengths

The classes will provide hands-on training and equip individuals with practical skills in real-life situations.

Workshop Instructor: Kajukenbo Professor Anthony Rosales has trained and instructed martial arts, self-protection, and professional Boxing & Kickboxing. Professor Rosales will demonstrate how to recognize, avoid, and defend and protect yourself potential unsafe encounters. **Assistants:** Michael Montoya and Jesse Hawks



SELF DEFENSE
ANYBODY CAN USE

**Available Monthly
at both Locations**

Albuquerque Gym

Time: 12 pm
5001 Lomas NE
Alb. NM 81110

Los Lunas Gym

Time: 12pm
3451 Hwy 41
Los Lunas NM 81031

**Contact Us
Today!**
**Small Group
Discounts!**

(505) 688-0699

Visit our website at:
www.Rosaleskickboxingkarate.com

