



# South Lyon Area Youth Assistance & Choi Kwang Do



## Free!!! Self-Defense Class for High School Girls

Headed by: Angela Ugo, 2nd Degree Black Belt, Certified Chief Instructor + Black Belt staff



- **Increase self-esteem, self-confidence, & awareness of surroundings**
- **Develop ability to respond to threats**
- **Use natural body movements and sequential motion to develop optimum force**
- **Defend your instinct**



Girls Ages 15 through 18

Sunday April 23, 2017

Time: 1:00 to 3:00

Location: Choi Kwang Do -588 N. Lafayette, South Lyon

Registration Required: [Eventbrite.com](http://Eventbrite.com)

<https://www.eventbrite.com/e/girls-on-guard-self-defense-for-teen-girls-tickets-32976414343>

Contact South Lyon Area Youth Assistance for questions 248-573-8189