

# Self-Defense

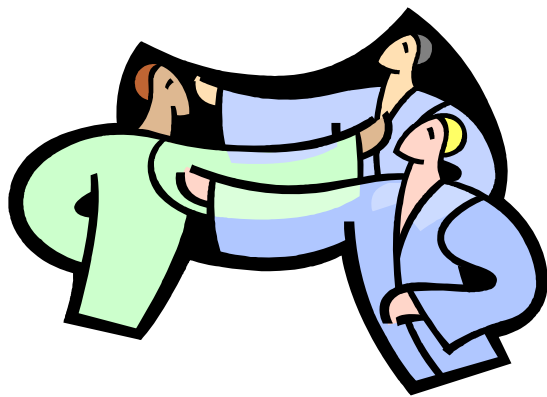
Feel Confident, come learn the fundamentals of self-defense  
Our instructor has over 30 year experience in teaching martial arts .

Tuesday 6:00-8:00pm

December 8th, 2009

Fee: \$25.00 – Non-Residents/\$20.00-Topeka

**Ages 13+**



Central Park Community Center

1534 SW Clay

(785) 368-3796

