



**BE PREPARED, DON'T BE A TARGET!**

## **Women's Self Defense Classes**

Chung Kim's Black Belt Academy - Bettendorf

**Learn basic skills necessary to protect yourself. This class will show you how to be aware of your surroundings, as well as teach you self-defense moves in case of an attack.**



Due to sensitivity of the material in this class, mothers and their daughters are encouraged to participate together. We also ask that parents consider the delicate nature of this topic when determining whether this class is age appropriate for their child to attend.

**Offered Mondays  
Year Round!**

**\$30/month  
\$10/drop in Class**

*Try a class today!*

Call (563) 359-7000 for more information

1423 18<sup>th</sup> Street -Bettendorf