

# Women's

## Self-Defense Seminar

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**When: Saturday, April 19th, 11am - 1pm**

**Where: Petaluma Academy of Martial Arts**

**Who: Women of All Ages**

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- ▶ **Protect Your Children**
  - ▶ **Gain Self Confidence**
  - ▶ **Learn Effective Self-Defense**
  - ▶ **Fun & Safe Learning Experience**
  - ▶ **Use Everyday Objects as Weapons**
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**Cost: \$35 per student, \$50 for Two People (bring a friend)**

**Registration: Email [Mr.C.Pama@gmail.com](mailto:Mr.C.Pama@gmail.com)**

**Phone 778-1069, ask for Dan Cuthbertson**

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**PETALUMA ACADEMY OF MARTIAL ARTS**

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Daniel Cuthbertson, Owner & Senior Instructor, Since 1979