

HIT HARD - FIGHT BACK - ESCAPE

SAFETY IS NOT AN OPTION, IT'S YOUR RESPONSIBILITY!

Learn how where to hit to make the difference! Win in the moment!

**Saturday February 20th, 2021
2PM to 4PM**



**Participate in this
Hit Hard - Fight Back - Escape
Self Defense Workshop.**

This specialized workshop focuses how and where to hit and to escape. These maneuvers are easy-to-learn, retain and apply.

Independence is part of our personal development and right, and this self defense workshop is designed for teens and adults. **Open to public!**

Hit Hard - Fight Back - Escape Self Defense Workshop

**In-Person/at Manna's School or
on Zoom**

Sign-Up Now and Save \$10

Early Registration \$90, and
each Additional Family Members \$75

Registration after February 18th

Registration \$100, and
each Additional Family Members \$85

Doors open at 1:30PM to ensure start time
of 2PM. Bring or complete your registration
prior to the start of the workshop.

**Includes Basic
Edge Weapon Defense**

Proper attire: Wear Long Sweat Pants, T-Shirt (long sleeve if available) and Sports-Shoes.

Provided by MANNA'S 12285B World Trade Drive, San Diego CA 92128 858-487-6470 www.manna.us

HIT HARD - FIGHT - BACK - ESCAPE WORKSHOP

In-Person or on Zoom

One form per attendee

Participant's Name: _____ Phone: _____

Email: _____ Age: _____ Minimum Age 15

I agree that this Workshop will include physical exertion and may include some personal contact which is specifically designed in the direct support of safety and self defense. Each participant is required to complete the Release, Consent and Covid-19 Release forms prior to participation. Forms available online at <http://www.manna.us/events/> You may elect to download, complete and send by email to: office@manna.us



SELECT

**Sign-Up Now
Save \$10**

\$90 **WORKSHOP**

\$75 **WORKSHOP**
EACH ADDITIONAL FAMILY MEMBERS

You may elect to register for this workshop at: www.manna.us/events/

\$
Total Participation Amount Paid

Manna's Martial Arts - 12285B World Trade Drive, San Diego CA 92128 - (858) 487-6470 www.manna.us