

# FREE Women's Self-Defense Class

**Fun  
Empowerment  
Confidence  
Strength  
Conditioning**



**A great way to get your KICKS**

**This class includes conditioning aspects of Kickboxing**

**At the Wu-Li School of Martial Arts on Meadow Drive above Rising Graphics  
Free Classes in April 7:00-8:00 Tuesday and Thursday evenings all month.**

**Free  
Class**

**Tues and Thurs  
Eves in April  
Bring your friends  
7-8:00**

**Dirty Tricks  
and Devastating  
Techniques**



**Practice on  
real live  
Men !!!**



**POWER**



**Call John McKenna  
at 303-838-9467**

**Visit us online [www. Wu-Li.com](http://www.Wu-Li.com)**

**Bring your friends or make some new ones  
It's a fun way to exercise, come check it out!**