

St. Francis Dads Club in Association with Dragon Fire Martial Arts Presents

SFHS Student Only Event!



- **Identify** potential threats
- **Assess** hostile situations
- **Learn** effective physical techniques
- **Establish** & enforce personal boundaries

Self Defense Workshop

Saturday, November 19th

1:00pm - 4:00pm

Old Caf

Michelle



Alexis



**Your 1st Degree
Black Belt
Instructors**

Participants Only - No Spectators Allowed