

FREE SELF-DEFENCE SEMINAR

Self-Defence 101 - Dealing with common street attacks

📍 **Gibsons Gracie Jiu-Jitsu:** 1058 Gibsons Way #210, Gibsons, BC



STAY AWARE



DEFEND



STAY SAFE



DATE:
JUNE 13 (Saturday)



TIME:
9:00 to 11:00 AM



AGES (No experience needed):
ADULTS & TEENS 12+

Register to save your spot: ✉ gibsonsgraciejiujitsu@gmail.com



@gibsonsgraciejiujitsu

FREE SEMINAR WITH DONATIONS ACCEPTED

(All money raised to be donated to the **Yew Transition House for Women**)

