



## **Self Defense Class For Teens**

PRACTICAL LIFE SAVING SELF-DEFENSE  
TRAINING FOR ALL!!!

**SATURDAY March 31st**

**2-4pm Ages 12 and up**

- Space is Limited
- Plattsmouth Community Center
- Call Sensei Abdul to Register: 402 965-1194
- Community Center Members: \$20.00
  - Non members: \$25.00



Sensei Tyrone Abdul 5th Dan

