

**Join us for this
Free Self-Defense Workshop
for the staff and families
of
St. John Vianney School**

Presented by:

**Christine Hardy-Hutchinson Vega of Defend Yourself
Sherin Elashry of New York Life Insurance
Master Mohamed Elshikh of International Martial Arts of Woodbridge/IMA Fit**



Proper defense, punching and kicking techniques are emphasized, as well as techniques for taking down an attacker. Our program focuses not only on self-defense techniques, but also on ways to prevent becoming a victim by being observant, aware of your environment and practicing safe habits.

This is a hands on workshop where Master Mohamed Elshikh and his staff of International Martial Arts of Woodbridge (as well as Randolph and Bellville) will be demonstrating techniques and students will then team up and practice them.

Pepper sprays, kubatons and personal alarms will be available for sale (cash and credit cards accepted).

WHEN: **Wednesday, October 18, 2017**
3:00 pm to 4:30 pm

WHERE: **St. John Vianney School (Gym)**

TO REGISTER: <https://www.eventbrite.com/e/colonia-nj-sjv-warrior-workshop-tickets-38358412043>

Please contact Barbara Regula for additional information
Call or text: 908-247-8667 or regula.barbara@gmail.com