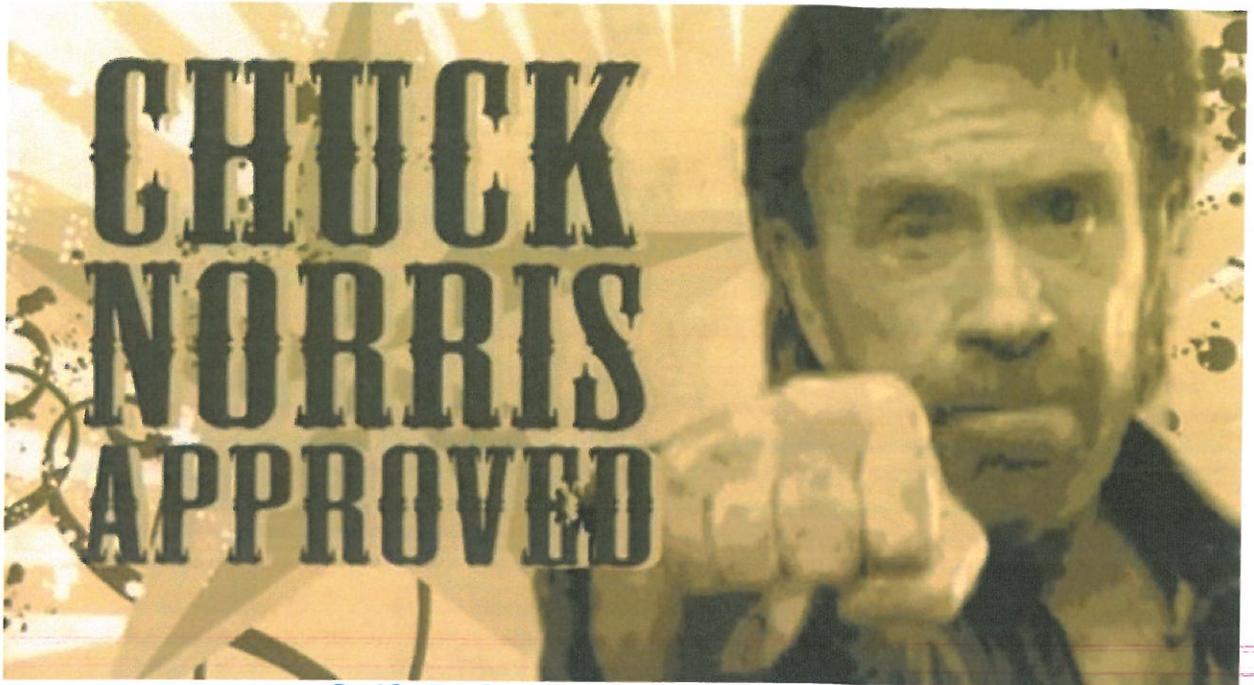


CCC Adult Self Defense Class

Starting June 2nd—Tuesdays & Thursdays 4:30-5:30pm



Self-Defense Technique & Skills

Situational Awareness

General Fitness Skills

Multiple Assailants

Body Throws

Women's Self-Defense/ Rape Prevention

Advanced Techniques

AND MORE!

****Must Be 18 or Older to Participate!****

Joshua Gurney

Cattaraugus Community Center 716-532-8450 X 5703

Cattarauguscommunitycenter.com

