

The Academy of Hwa Rang Do - Appleton

GET MORE INFORMATION ONLINE AT:

<http://www.hwarangdoappleton.com/SelfDefense.htm>

FREE **SELF-DEFENSE** **AWARENESS CLASS**

Practical Self-Defense Techniques • Confidence
Self-Respect • Positive Attitude • Discipline



Saturday, February 6th 2010
12:00 – 1:30 PM

920-205-8754

City Center Plaza Mall
10 W. College Ave, Suite 205
Appleton, WI 54911

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