

Club Yarnell presents



Basic Martial Arts & Self-Defense for Women

A Hands-on workshop designed for

women and young adult / teen females

**Sunday, March 18
1:00 - 3:00 pm**

Please wear workout clothes & tennis shoes; bring a water.

Instructor: Scott Shephard

Scott has over 30 years of experience in martial arts. Inducted in 2004 in the Universal Martial Arts Hall of Fame, Scott's background includes the study of seven martial art methods from four countries, and expertise in close quarter practical weaponry. Scott began teaching in 1989, and has been an Instructor in three martial arts systems. He launched Fundamental Martial Arts (FMA) in 2006.

***SPACE IS LIMITED!* Call Jerry Florman to reserve a spot 602-399-1679**

Yarnell Regional Community Center