



SELF DEFENSE

A black silhouette of a man in a dynamic, athletic pose, possibly a taekwondo stance, positioned to the right of the word "DEFENSE".

FREE WOMEN'S SELF DEFENSE CLASS

LEARN HOW TO PROTECT YOURSELF!

SUNDAY, November 12TH 11:30AM-1:00PM

LOCATION: PULSE TAEKWONDO CENTER
19-31 DITMARS BOULEVARD
ASTORIA, NY 11105
(718) 440-3233

Please RSVP @ Pulsetkdcenter@gmail.com