

Learn how to Avoid Trouble, Recognize Danger & Stay Safe!



Nokado

School of Self Defense *Jiu Jitsu Center*



Presents a Free
SELF
DEFENSE
CLASS

SATURDAY APRIL 6TH, 2024

12:00 Noon to 1:00 PM

info@nokado.com

(631) 269-9408

- ***Learn Basic Self-Defense Techniques That Could Save Your Life!***
- ***All Are Welcome. No Martial Arts Experience Necessary!***
- ***For Men, Women And Children Ages 12 And Up!***
- ***FREE: Donations Will Go To The Alzheimer's Association***
Suggested Donation: \$20



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