



OPEN HANDS SELF DEFENSE SEMINAR INVITATION

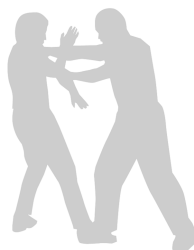
Pasadena Fire Department and CERT are pleased to offer this invitation to join us for a seminar on self-defense.

In this seminar, you will learn how to be aware of your surroundings and respond accordingly; learn how not to become a victim; and ways to handle confrontations in an efficient and calm manner.

Although violence should be the very last resort, should the need present itself, you will also learn how to defend yourself in a fast and effective manner.

The seminar will be presented by Joel Gay, CERT Leader, who has over twenty years of experience in multiple styles of Martial Arts. He is credentialed as a black belt in Taekwondo from the World Taekwondo Association in Seoul Korea. He is also a brown belt in Jiu Jitsu and is currently studying other Martial Arts Styles originating from China, Indonesia, and the Philippines.

Hand's on demonstrations will be included.



SELF DEFENSE SEMINAR ON

MONDAY:
AUGUST 28TH
6:30 – 8:00PM

LOCATION:

AMBASSADOR
AUDITORIUM

131 S. ST JOHN AVE

PASADENA, CA. 91105