

Women's Self Defense Class



Mark your calendars!

Our very own Michelle Miller (dance dept faculty) will be teaching Women's Self Defense here at Cornish. She is 3rd degree black belt at Seven Star women's Kung Fu and has been teaching kung fu and self defense to women for 12 years.

Activities

- Learn Self Defense Theory
- Basic kick and strike techniques
- Release from grabs
- And much, much more!

Date: Thursday
March 26th
Time: 6:30 –8:30pm
Location: MCC 107

CLASS SIZE IS LIMITED!!
30 PEOPLE ONLY
Sign up at MCC 317

Contact:
Amanda Graybill-Pennington

Phone: 206-726-5156

E-mail:
agraybill-pennington@cornish.edu



**Cornish Health
and Wellness**