



Womens Self-Defense Classes



**Learn with
Master Stephen Kirby**

Classes now forming for Women to attend Self-Defense classes held at the YMCA.

Women are especially vulnerable in today's difficult and complex world. Violence against women is a problem.

Now you can spend an hour and 30 minutes learning basic techniques and concepts that will strengthen your confidence. You will learn what experts say is vital to your own protection.



**10 Student Minimum
90 Minute Class**

Cost is just \$35.00

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5th Degree Martial Arts Master Stephen Kirby teaches classes in 15 Pennsylvania YMCA's. Now he makes his Self Defense for women course available to you. Contact Judith Kirby, Program Director and Steve's wife for more information on how to register for classes tentatively scheduled for August.