



SELF DEFENSE SEMINAR

BUILD CONFIDENCE AND LEARN TO PROTECT YOURSELF

WHEN

NOVEMBER 7
NOVEMBER 14
1300-1500

CARLSON GRACIE
WESTMINSTER

5901 WESTMINSTER BLVD. WESTMINSTER, CA 92683

FEATURING PHILLIP "COACH PHIL" FLORIN, BJJ BLACK BELT AND
ARMANDO GAMEZ, III, BJJ BROWN BELT

SEMINAR

\$30 ADVANCED
\$40 AT THE DOOR

BENEFITING

HBHS-CHEER

CONTACT

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BJJ BROWN BELT

951-587-1910
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REGISTER AT

www.hbhscheer.com

