



A Million Drops is hosting a **FREE SELF DEFENSE CLASS**

SATURDAY, JUNE 23, from 1 – 3 pm

The Teacher

Jean Morrison, a 5th Degree Black Belt in Taekwondo, Behavior Therapist, Life Coach, and a sexual assault survivor with over three decades of experience teaching self-defense, resilience, and confidence.

The Focus

- Five best target areas to save your life
- Most effective, simple techniques you can use regardless of strength, without martial arts training, and under stress
- Most likely types of attacks for women, and for men
- Physical practice with training pads
- Demonstration of application of presented techniques across various attack scenarios

The Location

1711 North Van Ness Ave., L.A., CA 90028 (in the back of the Hollywood Adventist Church)

Please arrive 15 minutes early. Plenty of parking will be available. A Million Drops will provide snacks and refreshments. RSVP at contact@amilliondrops.org

Funded by Hollywood United Neighborhood Council. Representatives will be there to offer neighborhood assistance.

A Million Drops is a Hollywood based 501(c)(3) non-profit organization
www.amilliondrops.org