



017th District Self-Defense Workshop **Sponsored by: Bosen Chicago Martial Arts & Fitness**



Saturday,
April 6, 2013
10am-12pm

Location: Bosen Chicago
Martial Arts and Fitness
4224 W. Belmont

Put your Personal Safety FIRST!

In this Workshop citizens will learn strategic exercises for dealing with confrontation, psychological aspects of an attack, environmental awareness and simulation exercises.

wear comfortable clothing for class.

Age 13 and up.

Please RSVP by April 4th: Call 1-312-742-4588 (ex.114)

Ask for Officer Maryjane Parks or E-Mail

maryjane.parks@chicagopolice.org

Sponsored By: Bosen Chicago Martial Arts & Fitness www.bosenchicago.com

Hosted by: Chicago Police Department 017th District Domestic

Violence Subcommittee

Parking Available