

JOIN

KICKS

FAMILY SELF DEFENSE



Call for Classes
216-376-6509

Family Self Defense

Class fees as low as \$5.00



- No Membership or Contracts Required
- Ages 7 through teens or adults
- Promotes coordination, strength and discipline
- Belt level advancement
- Fun for the whole family
- Weight loss



Kids
Self
Defense



As seen on t.v.

Channel 5 News

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www.kicksfsd.com



Aerobic Kickboxing

Ju Jutsu



Aiki Jutsu

Karate



Master Instructor Bob Fields receives International Hall of Fame 2003 Grandmaster of the year award from the **World Head of Family Sokeship Council** in Orlando, Florida. Grandmaster Fields invites you to join **Kicks Family Self Defense** a unique training system that includes **Aiki Jutsu, Ju Jutsu, Karate, and Kick Boxing** for a fun way to learn self defense for the whole family.

Brook Park Recreation Center

Monday: 6-7 pm
Family Self Defense
7-8 pm - Rotating classe of Karate,
Aiki-Jutsu, Jiu-Jutsu and Weapons
Saturday: 11-12 noon
Family Self Defense

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Bally Total Fitness Brook Park

Wednesday: 7:30-8:30 pm
Family Self Defense