MAGDA INSTITUTE WOMEN'S SELF DEFENSE Control of the second secon

JULY 21, 2024 @ MAGDA INSTITUTE



READINESS INSIGHT PREPAREDNESS PREMIUM SELF-DEFENSE

TRAINING FOR WOMEN OF ALL LEVELS. NO EXPERIENCE NECESSARY.

NO EXPERIENCE NECESSARY.
ALL AGES WELCOME.

Featuring: MIWSD Director / Instructor

ELEANOR ACADEMIA-MAGDA

Direct Bruce Lee Lineage JKD Philosophy/Training

MAGDA INSTITUTE

World Class Martial Arts

Instruction & Training

- Preventing and escaping grabs and holds.
- Situational environmental awareness techniques.
- · Verbal self-defense.
- · Improvised weapons.

LIMITED SPACE.

This event will be sold out.

Register Early

Date: July 21, 2024

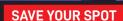
Fime: 8:30 am - Welcome / Check-in 9:00 am - 2:00 pm - Training

OPEN TO THE PUBLIC

Join Now!

General Admission: \$125 MI Members: \$95

Scan code to pay online or call to reserve spot.



MAGDA INSTIT



Magda Institute

7255 Canby Ave, Reseda CA 91335 (818) 342-2455 · www.MIJKD.com Email: Magdainst@aol.com
No spectators. Photos and video or audio recording is prohibited.



