



# Women's Self Defense Class

**Sponsored and Instructed by:  
The Orange Beach Police Department  
and  
Chief 5<sup>th</sup> Degree Black Belt in Taekwondo Karen Ordonia**

You will learn:

- \*How not to be a victim
- \*Less-than-Lethal weapons for women
- \*Basis Defense moves



Class will be held on  
Saturday, June 20 9am-12pm  
and again on  
Saturday, August 15 9am-12pm

All Classes are held at the Orange Beach Training Room  
located on William Silvers Parkway

**THE CLASS IS FREE OF CHARGE!**

Class size is limited so register early!

For registration please contact Kris or Karen at 251 981 9777, Monday-Friday, 8am-5pm

Class will consist of hands on maneuvers, therefore you will be asked to sign a Release  
and Indemnity Agreement.