Women’s Self Defense Seminar

Sponsored by the UMBC Aikido Club



Come out to learn self-defense techniques from Dr. Scott Sobel and the UMBC Aikido Club! This seminar is open to everybody and will cover defense against armed and unarmed attackers. Make sure to bring comfortable clothes that you can work out in.

**Where:** The Fitness Room in the Retriever Activity Center (RAC)

**When:** Wednesday, November 28; 8:30-10PM

**What to bring:** $5 for the seminar and comfortable clothes for working out