

PERSONAL SAFETY COURSES

Presented by Tahoe Women's Services
and the

Charles Gracie Brazilian Jiu-Jitsu Academy of Truckee/Tahoe

Personal Safety Seminars - 2009



Saturdays - 9:00AM—1:00PM
January 24th Truckee
March 28th Truckee
May 2nd Graduate Safety
July 25th Truckee
\$40 - 4 hrs
Save \$10 with a Friend



Decrease your risk of becoming a victim!

Tahoe Women's Services — (530) 587-2787 - www.tahowomenservices.org

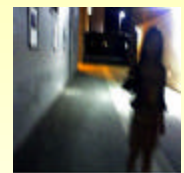
SPACE IS LIMITED - SCHOLARSHIPS AVAILABLE

Comprehensive Self-Defense Course

Call about our "Ongoing Flexible Schedule"



Special Graduate Safety Course
May 5th—May 21st
M, W, F from 3-4pm
Course Graduation Friday, May 23rd
\$99 - 8 Classes
\$119 - Seminar/Course Combo



Charles Gracie Brazilian Jiu-Jitsu Academy of Truckee/Tahoe

11430 Deerfield Dr. #4B— Deerfield Plaza—Truckee

(530) 587-3226 - www.bjjtruckeetahoe.com

Physical self-defense is not about fighting, it's about staying safe in violent situations.

CALL NOW AND START PROTECTING YOURSELF!

COURSES HELD AT CGBJJTT ACADEMY in Truckee