



You have it in you.™

The Ali Kemp Educational Foundation

Presents

T.A.K.E. Defense Training

Self Defense for Girls and Women

**Who:** Any girl or women 12 yrs and older

Everyone must sign a waiver. If under 18 yrs you need parent or guardian signature

**When:** Thursday, February 11<sup>th</sup> at 7pm

**Where:** University Academy 68th & Holmes

**Cost:** FREE

To register and/or print a waiver go to

[www.takedefense.org](http://www.takedefense.org)