

the  **Practical Self Protection**

**Dennis Fowler**  
3rd degree black belt  
and Fitness Director  
at the Richmond  
Family YMCA,  
is offering a practical  
self defense class.



**Practical Self-Protection**  
the discipline of  
**Taijutsu**

Getting started in self defense Taijutsu training is easy. You don't need any previous martial arts training. Initiates progress at their own rate, based on their own body's capabilities and previous experience.

**Monday Night @ 6:15 PM**

**Richmond YMCA Gym**

**FREE - Richmond Family  
YMCA Members**

**\$5.00 per class - Non  
Members**

**The effectiveness of any  
self defense system  
is based on how well it  
"fits in" with the harmony  
inherent in nature**

**Masaaki Hatusmi  
34th Soke togakure ryu Ninjutsu**

**For more information call:  
765-962-7504  
or visit richmondfamilyymca.org**

**Richmond Family YMCA  
2023 Chester Blvd.  
Richmond, IN 47374**

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