



United States Martial Arts Hall of Fame



And the Sheraton Downtown Oklahoma City Present:

Women-Safe

A FREE Self-Defense Workshop

An educational self-defense workshop focused on helping women understand the dangers they face and offering pro-active tips to minimize the risk of being victimized.



Thursday, July 19, 2018
7:00 PM to 8:30 PM



Sheraton Downtown

1 North Broadway Ave
Oklahoma City OK 73102

P 405-235-2780

Guest Instructor

John Terry

*2X Martial Arts Hall of Fame Inductee
President, United States Martial Arts Hall of Fame*



Please wear comfortable clothing. Program will consist of an educational seminar on rape & assault prevention coupled with practical self-defense instruction. Intended for pre-teen, teen and adult women (ages 12 and older).