

# Self-Defense Seminar

**When:** Saturday, October 3, 2009

**Call for Registration:**  
**(832)-969-5584**

**Where:** North Side Karate  
1100 Greens Pkwy Ste 480  
Houston, Texas 77067

**Time:** 11:30am-1:30pm adults

11:45am-1:15pm children

**Cost:** FREE

**Protect yourself from:**

1. Being Bullied
2. Being Attacked
3. Being Molested
4. Being Kidnapped



The self-defense seminar will be taught by our Chief Instructor Sensei D.E. Chambers and by Black Belts of the North Side Karate System

**Contact us at:**  
North Side Karate  
1100 Greens Pkwy Ste 480  
Houston, Texas 77067  
(832) 969-5584  
(281) 445-3374  
[www.northsidekarate.com](http://www.northsidekarate.com)  
[sensei@northsidekarate.com](mailto:sensei@northsidekarate.com)



The Self-Defense Seminar will be free for Aldine District students and teachers with the purchase of a karate t-shirt!

\$10.00 for t-shirt if paid and registered before September 29, 2009

\$15.00 for t-shirt if paid and registered before October 1, 2009