

JOIN

# KICKS

FAMILY SELF DEFENSE

CALL TODAY  
216.855.1400

## Family Self Defense

Class fees as low as \$5.00



Kids  
Self  
Defense

- No Membership or Contracts Required
- Ages 7 through teens or adults
- Promotes coordination, strength and discipline
- Belt level advancement
- Fun for the whole family
- Weight loss

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[www.kicksfsd.com](http://www.kicksfsd.com)



As seen on t.v.

Channel 5 News



Aerobic Kickboxing

Ju Jutsu



Aiki Jutsu

Karate



Master Instructor Bob Fields receives International Hall of Fame 2003 Grandmaster of the year award from the **World Head of Family Sokeship Council** in Orlando, Florida. Grandmaster Fields invites you to join **Kicks Family Self Defense** a unique training system that includes **Aiki Jutsu, Ju Jutsu, Karate, and Kick Boxing** for a fun way to learn self defense for the whole family.

### Brook Park Recreation Center

Monday

6:00pm - 7:00pm Family Self Defense

7:00pm - 8:00pm Aerobic Kickboxing

Saturday

2:30pm - 3:30pm Family Self Defense

### Bally Total Fitness Westlake

Monday:

4:30pm - 5:30pm Family Self Defense

Saturday

11:30am - 12:30pm Family Self Defense

### Bally Total Fitness Brook Park

Wednesday

7:30pm - 8:30pm Family Self Defense

Saturday

1:00pm - 2:00pm Family Self Defense