



# **Self Defense Classes**



Sensei Jeff is an 8th degree black belt / High Master in the USAGF system. He is also known as the White Rhino. Sensei Jeff began his training in Karate at the age of 3, has over 30 years of knowledge and experience in the martial arts and has competed on a professional level. He has been teaching as a martial arts instructor for over 16 years. He teaches his students how to apply karate in everyday life and encourages them to push themselves beyond their self imposed limits. He challenges you to come and find out more about him.

**Karate builds strong minds and strong bodies  
and helps you to develop confidence through self defense.  
Learn to control your life, build discipline and inner strength.**

Enjoy other benefits from the class:

- \* Physical Conditioning \* Self Defense \* Self Confidence \*
- \* Self Discipline \* Self Respect \* Inner Strength \*
- \* Weapons Training \* Kick Boxing \*
- \* Rape Awareness \*

## **CHALLENGE YOURSELF!**

*The Journey of a thousand miles starts with one single step.  
Everyone will benefit from their participation in this class.*

**Youth Classes:** Monday & Wednesday, 6pm – 7 pm

**Fee:** \$45.00 per month, no contracts

**Adult Classes:** Monday & Wednesday, 7pm – 8:00 pm

**Fee:** \$60.00 per month, no contracts

**Location:** Greenacres Community Center  
501 Swain Blvd.

**Phone:** (561) 642-2090

**Start any time!**

**For more information**

**contact Sensei Jeff Kelljchian**

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