



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROTECT YOURSELF

## Self Defense Workshop with Buckner Martial Arts

### LAKOTA FAMILY YMCA

Join us for a FREE seminar on Self Defense with Buckner Martial Arts. Class taught by trained instructors. **This seminar is for Men and Women 13 years and older.**

“Our Urban Black Belt Program was developed by Stephen M. Buckner, who served as a police officer and police defensive tactics instructor for more than 25 years. Mr. Buckner’s unique training, insight and real life experience will give you the tools to survive an assault on yourself or your family.

Our program is designed to work for everyone regardless of their size, strength and athletic ability. It is a simple, effective system that is based on instinctive reactions. The program teaches practical techniques from the martial arts of Karate, Jujitsu, Judo and Aikido in realistic training scenarios.”

-Buckner Martial Arts



• **DATE:** February 19, 2019

• **TIME:** 7:30PM—8:30PM

• **LOCATION:** Lakota Family YMCA Program Room

• **FEE:** FREE (register in advance)

• **REGISTRATION:** Contact the Front Desk or Register online.

#### LAKOTA FAMILY YMCA

6703 Yankee Road, Liberty Township, OH 45044  
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