



9 Traditions Martial Arts Academy

Belt Test and Self Defense Seminar

Belt Test - Saturday March 13th

Juniors 9:00– 11:00 A.M.

Adults 12:00- 3:00 P.M.

Self Defense Seminar with Sifu Dave Jones



This is an open seminar - All are welcome

No previous self defense training required

Sunday, March 14th

Kids 9:00 - 11:00 A.M. \$15 Adults 1:00 – 4:00 P.M. \$25