



Sensei Pervez Mistry  
Founder

## Self Defense is...

**SELF PRESERVATION:** protecting yourself

**AWARENESS:** key to your survival

**YOU:** only you can protect yourself

**FITNESS:** be fit, be strong

Date: January 8, 2017

Venue: American School of Bombay, BKC

Time: 09.00 AM ~ 12.00 PM

Fees: Rs. 1000

### Open to ALL

(no previous Karate or Martial Arts experience necessary)

Registration Deadline: December 24, 2016



### Academy of Martial Arts

BJPC High School

Tel: 9004944333

Opp. Charni Road Station

Email: hanoverwadia@gmail.com

Mumbai 400023

Web: www.iogkf.in