

# **Lincoln At Doral**

## **SELF DEFENSE**

**Learn the value of awareness, avoidance, and de-escalation; and when all else fails defend yourself with quick and dirty techniques**



**At: LINCOLN AT DORAL  
8303 Lake Drive  
Miami, Florida 33166  
(at the 2nd floor of gym)**

**Monday Evenings at 8:00**

**For more info call Tony - (305) 468-8514**