



## YOUTH SELF-DEFENSE CLASS

The City of La Cañada Flintridge Youth Council is sponsoring a free self-defense workshop for youth ages 13-18. Youth will learn self-defense techniques, how to identify conflict and the best way to deal with it.

The instructor, Orlando Sanchez, is a Martial Arts World Champion and the owner of Gracie Barra LCF. The curriculum promotes safety education to students by teaching self-confidence, conflict resolution, and verbal and physical self-defense approaches

Date and Time:  
April 7, 2018  
11:30 am – 1:00 pm

Location:  
814 Foothill Blvd.  
La Cañada  
Flintridge, 91011

*SPACE IS LIMITED!*

Reserve your spot  
& download liability  
waiver

[www.lcf.ca.gov/  
youth-council](http://www.lcf.ca.gov/youth-council)

Participating youth  
must submit a  
liability waiver to  
City Hall by:

**April 6, 2018  
at 1:00 PM**



Questions? Contact Youth Council Staff Liaison:  
Joshua Jeffrey, Management Intern  
e: [jjeffrey@lcf.ca.gov](mailto:jjeffrey@lcf.ca.gov) | t: (818) 790-8880  
1327 Foothill Blvd., La Cañada Flintridge, CA 91011