



December 17, 2016
11:30 am – 1:00 pm

Gracie Barra
La Cañada Flintridge
814 Foothill Blvd.

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 5 pm on
December 16

YOUTH SELF-DEFENSE CLASS

The City of La Cañada Flintridge Youth Council is sponsoring a 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. This class is free!

No pupil to pupil physical contact will be used.

The instructor, Orlando Sanchez, is a Martial Arts World Champion, has a Black Belt, and owner of Gracie Barra LCF.

Questions:

Christina Nguyen, Youth Council Staff Liaison
e: cnguyen@lcf.ca.gov t: [818-790-8880](tel:818-790-8880)
1327 Foothill Blvd., La Cañada Flintridge, CA 91011

