

Seattle Self-Defense and Martial Arts



Have you ever felt afraid when walking alone in a parking lot? Or wondered what would I do if? Don't live in Fear.

Learn how to protect yourself

Making a "Safer You"

- On-going weekly self-defense classes
- Top quality instruction, teachers all with 20+years of teaching experience
- Jujutsu, Aikido, Aiki-jutsu & Weapons
- Practical, tested street effective techniques taught
- Fun interactive classes
- Great way to get in shape and make new friends
- Traditional ranking certified in Okinawa and Japan

- Private or Semi-private lessons
- Seminars customized for your group
- Weekly ongoing classes
- Classes on Denny by Whole Foods



Master Martial Artist

"Shihan" Sherry McGregor

Highest ranking female martial artist in the United States.

Come learn from the best!

As seen on "The Discovery Channel", Ripley's Believe it or Not, and more.



For more information including class times and location go to; 2 weeks and a uniform for only \$29.95 sign up for this trial today

www.sherrymcgregor.com

or call 206-653-6020