

Women's Self Defense Class



*Taught by Sensei Dewaine Rester
2nd Dan
Pan Gai Noon kung fu*

*Mondays 6 PM - 7 PM
Wednesday 5:15 PM - 6:15 PM
June 12 to July 31, 2013*

*At the Tallahassee Buddhist Center
Located in Railroad Square Art Park:
647 McDonnell Drive Tallahassee, FL 32310*

*Cost \$8.00/Class
All proceeds to go to Tallahassee Chan Group*

