



MAGDA INSTITUTE

MIWSD - ZEN 10

Women's Self-Defense SEMINAR

July 31, 2011 - Sunday
10:00 am - 3:00 pm

LOCATION:

Zen Bu Martial Arts
& Fitness Facility
737 Shadowridge Dr.
Vista, CA 92083

Contact:

Dr. Ellie Newcomb
(760) 803-8896

www.MagdaInstitute.com
MIWSD on FACEBOOK

**CALL NOW AND
REGISTER -
SPACE LIMITED.
WE SELL OUT EARLY!**

**DEFEND YOURSELF
LIVE - LIVE - LIVE
PROTECT LOVED ONES**



MIWSD INSTRUCTOR:

**E. Academia-Magda
"Guro El" - Director**

Martial Artist / MIWSD - Magda Institute Women's Self-Defense Program . Our 14th Anniversary Year ! Guro El has taught hundreds of women to defend themselves. Learn effective techniques and why women come from all over the world to train with Guro El.

**DEFEND YOURSELF
LIVE - LIVE - LIVE
PROTECT LOVED ONES**

**SAVE YOUR LIFE . . .
ITS WORTH IT**



**JKD - KALI - SILAT
MUAY THAI
WESTERN BOXING
MI GRAPPLING**

**DEFEND YOURSELF
LIVE - LIVE - LIVE
PROTECT LOVED ONES**

**NO PREVIOUS TRAINING
REQUIRED**

LEARN EFFECTIVE SKILLS

SAFE, FRIENDLY ENVIRONMENT

TAUGHT BY WOMEN FOR WOMEN

**WORLD CLASS, HIGH-VALUE
PREMIUM TRAINING
EXPERIENCE - QUALIFIED
PRO INSTRUCTORS**

**MI Assoc. Members \$ 95
General Admission: \$105**