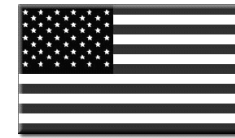


Leading Edge Martial Arts

September 2010



God Bless the USA!



3239 Hamilton Blvd
Allentown
610 434 3343
www.leadingedgema.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4 LEMA Closed for Labor Day
5	6 LEMA Closed for Labor Day	7 <i>NFL Pride Week</i> Wear your favorite NFL team's jersey/shirt in honor of NFL kickoff week.	8 <i>NFL Pride Week</i> Wear your favorite NFL team's jersey/shirt in honor of NFL kickoff week. Happy Birthday Sensei Rob!	9 <i>NFL Pride Week</i> Wear your favorite NFL team's jersey/shirt in honor of NFL kickoff week.	10 <i>NFL Pride Week</i> Wear your favorite NFL team's jersey/shirt in honor of NFL kickoff week.	11 <i>Red, White, & Blue Day</i> Please wear something patriotic in remembrance of 9-11
12	13 <i>Free Women's Self Defense Workshop</i> 7:45-9:15pm No Adult Classes	14	15 <i>Full Gi Grappling</i> 8-9:30pm Adult Yellow-Green No 8:45pm class	16 <i>Full Gi Grappling</i> 8-9:30pm Adult Blue-Black No 9:00pm class	17	18
19	20 <i>LEMA Tee Shirt Week</i>	21 <i>LEMA Tee Shirt Week</i>	22 <i>LEMA Tee Shirt Week</i>	23 <i>LEMA Tee Shirt Week</i>	24 Graduation <i>Warm Ups 5pm</i> <i>Ceremony 5:30pm</i> No Classes	25 <i>LEMA Tee Shirt Week</i>
26	27 <i>LEMA Tee Shirt Week</i> Flexibility Work Shop! All Adult Students 8pm-9:30pm	28 Baby Deshi Due	29	30 Happy Birthday Berto!	1	2



Free Women's Self Defense Workshop

FREE

Monday September 13th, 2010

7:45 till 9:15

Sign in at 7:30pm

In this 1 ½ hour class, you will:

- 1. Receive tips on how to avoid being a target and potential victim.**
- 2. Learn how to deal with a situation once it has presented itself.**
- 3. Learn easy to use yet effective striking techniques.**
- 4. Learn hands on self defense moves when actually grabbed by an attacker.**
- 5. Have the opportunity to practice all these skills on volunteers from Leading Edge Martial Arts.**

Reserve your spot in the seminar today!

Leading Edge Martial Arts

3239 Hamilton Blvd.

Allentown, PA 18103

Dorneyville Shopping Center

610-434-3343

www.leadingedgema.com

