



Woman's Self Defense

Community Yoga

March 24, 2012

1:00 - 3:00

Cost - \$10 donation

Bio for Marilyn Kelly

Over nine years of martial arts training with emphasis on personal/self defense utilizing striking and shocking techniques. Weapon defenses and use of weapons of opportunity. I have been married for 19 years and have one daughter Jessica (16) and a son Joshua (10). We are all members of the House of Soke Martial Arts School.
Personal Defense Instructor

BSR/KZI Certified Modern Army Combatives Program Instructor Level 1 (United States Army)

Co-founder of the House of Soke BSR/KZI Women's self-defense program.

Namaste Tai-Chi certified

BSR/KZI Brown Belt

Community Yoga

20823 North Main Street (Highway 115)

Suite 117 Cornelius, NC

704-491-4749

www.communityyoga

