



# **SELF DEFENSE SEMINAR**

November 16th 2019  
Satori Martial Arts  
304 Centennial Ave, Cranford NJ 07016

TROOPS GRADES:  
K-1, 2-2:30 PM  
2-4, 2:30-3:00  
5-8, 3:00-3:45 PM  
9-12, 3:45-4:30 PM

Please RSVP by November 2nd by email to  
[Registrar@cranfordgirlscouts.com](mailto:Registrar@cranfordgirlscouts.com)