

Self Defense Seminar

Learn basic self defense in this one day seminar with J. R. Roy Martial Arts staff. The course will include a brief discussion about self defense, basic hands-on techniques and a real life simulation. No previous experience is required!



When: July 30th 9am to 12pm

Where: J. R. Roy Martial Arts Studio, 1 Osgood Street, Greenfield MA

Fees: All fees are on a sliding scale. General public is \$15-25. J. R. Roy adult students are \$5-10. Youth students are free. Everyone must preregister!

To reserve a spot, or if you have questions please call the studio at (413) 774 2888 or e-mail Sifu Roy at jrroysifu@gmail.com or Lily Serrentino at invisagirl19@gmail.com