

# SELF DEFENSE CLASS

Sponsored by the Charlotte NARPM Chapter and open to anyone!



John Burkart is a fifth degree black belt in Tae Kwon Do with a MMA condition specialist certification as well as Kukkiwon honors for self defense. John has been instructing students for over ten years in self defense and competitions. He has competed internationally and has won GOLD in forms and BRONZE in sparring. He has trained in KNOW and GO tactics as well.



National Association of Residential Property Managers



**JOHN BURKART** Instructor

- ✓ Defense against common strikes
- ✓ Methods to disable your attacker
- ✓ Increased Flexibility
- ✓ Sharper Focus
- ✓ Improve Self Confidence
- ✓ Practical Self Defence

**ONLY 50 SPOTS  
AVAILABLE!**

**KTA** FITNESS  
KICK • TRAIN • ACHIEVE

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NOW!**

**\$35**  
Per Person

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**Empower Yourself**  
**SATURDAY, APRIL 13, 2019**

**10am-11:30am**

Class held at KTA Fitness: 640  
Matthews-Mint Hill Rd Suite E  
Matthews, NC 28105

Contact [pamela@pgmanagementgroup.com](mailto:pamela@pgmanagementgroup.com) with any questions  
Please use the PayPal Link to Register. Must register & pay by March 31, 2019