



EKAL VIDYALAYA
A PEOPLE'S MOVEMENT

EKAL SELF DEFENSE ONLINE WORKSHOP

This engaging self-defense class is designed to equip you with essential skills for staying safe. Led by Aarav Menon, an international Black Belt competitor, the practical weekly sessions teach effective real-life techniques. Over 5 weeks, you'll build a solid self-defense foundation, from situational awareness to striking. Spaces are limited, so enroll today!

**No Experience
Needed!**



WEDNESDAY/SUNDAY



8PM-9PM (EST)



**JUNE 12TH - JULY 21ST
2024**

GET GOOD AT:

- ✓ Defense + Counters
- ✓ Escapes
- ✓ Kicks
- ✓ Punches
- ✓ Take Downs

Both are the same
classes, you choose
what works for you!

For 10 years and older!

**Instructor:
Aarav Menon**

aaravshahmenon@outlook.com

5 SESSIONS

\$90

**ALL PROCEEDS GO TO EKAL
VIDYALAYA**

