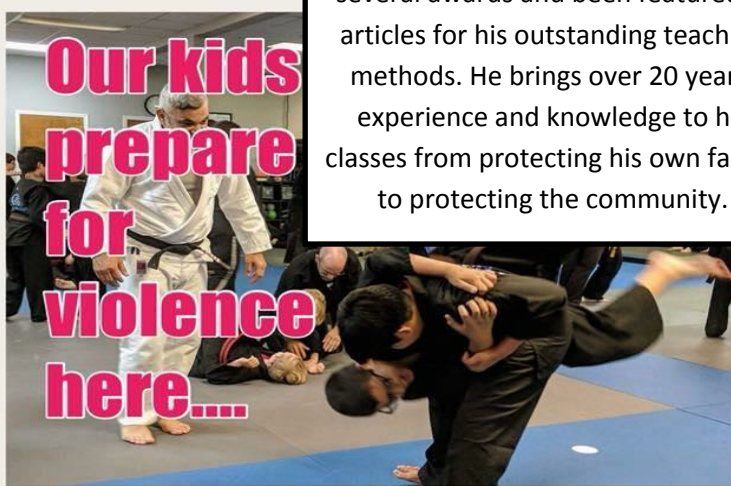


Let's face it – It's a scary world out there!

All you hear on the news are stories of violence, attacks, and bullying. But how do you prepare yourself for the unknown events? How do you protect themselves?

Coach Paul is the father of four and a retired police officer. He has earned several awards and been featured in articles for his outstanding teaching methods. He brings over 20 years' experience and knowledge to his classes from protecting his own family to protecting the community.



Liberty Liberal Arts Academy is proud to join with Coach Paul from SBG Illinois and offer to the public this great opportunity.



Every Wednesday, from 3:00-4:00 pm, we will be having a class open to the public. Normally, this class is offered to kids from ages 5-18. But we are offering this class to everyone, including adults – come join as a family and study together! This class covers body strengthening, balance, self-control, discipline, integrity and respect! Learn to defend yourself in the safest and most effective way possible. No need to worry, unlike most courses of this type there is no kicking, hitting, or punching.

**Check out our website
www.libertyliberalartsacademy.com or call 630-272-9021
for more information about registration.**