



McCleary Martial Arts Center offers self-defense instruction for all fitness levels in a course that includes both striking and grappling scenarios and the opportunity to use what you have learned against a padded male attacker.

This practical instruction can be experienced on our state of the art matted flooring system or we can come to your location.

Arrange a class for friends, family members, co-workers or social groups.



McCleary Martial Arts Center
Instructor: Alice McCleary has more than 25 years of martial arts experience including black belt ranks in four styles.

To Tour Our Facilities and Learn About
All the Programs We Have to Offer

Contact Us at
770-439-4029

Or

Visit Us at

31 Sparks Dr Ste. 2004
Hiram, GA 30141

Or visit our website at
www.mcclearymartialarts.com

Put a New Twist on “Girls Night Out”



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Host a Self-Defense Class!

Self-Defense



What Kind of People Take This Course?

Here's a Short List of Past Participants:

Innergy Studios (Pilates & Yoga)
Paulding County Sheriff's Department
Hiram Station (Night Shift Servers)
Women's Outdoor Adventure Group
Paulding County Senior Citizens Center



What is the Cost?

\$150 for 10 People

\$10 for Each Additional Person

What Do You Get?

A **Four Hour Course** tailored to your group's specific needs including:

Predator Awareness and Prevention Skills.

Basic Strikes

Simple, Easy to Use Escapes from the Most Common Self-Defense Situations Including Hair Pulls, Front Chokes, Prone on Your Back, and Attacks from Behind

Each participant will also receive a personal self-defense keychain and learn simple ways to use it effectively.



All Class Members Will Get the Opportunity to Fight Off a Fully Padded Male Attacker.

