



City of Carson

Parks  
Make  
Life  
Better!

# S.O.S

(Science-of-Survival)

Self-Defense

**FREE**



All-options Self-Defense

**TUESDAY - THURSDAY**

6:00 PM - 7:00 PM (Ages: 7-17)

7:00 PM - 8:30 PM (Ages: 18+)



*Instructor: James Culpepper*

**Physical fitness - Cardio - Kickboxing - Ground defense - Judo, Jiu-Jitsu**

Learning to check all surroundings.  
Treat the body as one unit, build confidence, always move.

Sign up on ActiveNet

## Del Amo Park

703 East Del Amo Boulevard, Carson, CA 90746

For more information, please call (310) 233-4850

