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# Southeast Seminar Series: Self Defense and Board Breaking

Presented By Grandmaster Holden  
and Master Bjorkquist

Join us on Saturday, March 23 for two incredible seminars: Self Defense with Grandmaster Holden and Breaking with Master Bjorkquist.

**WHEN:** Saturday, March 23, 2024 2:00 to 4:00 PM

**WHERE:** AKF Athens Martial Arts, 2415 Jefferson Road, Athens, GA 30606



Cost: \$70 per person / \$140 per family

Please be sure to wear your workout uniform!