



# Senior Master Bob White

## February 22nd, 2020

American Legacy Martial Arts  
515 East Carlson Street, Suite 102A  
Cheyenne, Wyoming 82009

**Youth Seminar**  
**10:00 am - 11:00 am**

**Elements of Effective  
Coaching  
&  
Fighting Skills**  
**12:00 pm - 3:00 pm**

**Your Investment:**  
**Youth Seminar**  
**\$30**

**Adult Seminar**  
**\$65**

**Contact Chauncy Emerine**  
**307-214-9563**  
**[americanlegacy12@gmail.com](mailto:americanlegacy12@gmail.com)**

**SPACE IS LIMITED!**  
**RESERVE YOUR**  
**SPOT NOW!**



**ALMA**  
American Legacy Martial Arts

Presents

*Professor Barbara White*  
**February 21st, 2020**

**American Legacy Martial Arts**  
**515 East Carlson Street, Suite 102A**  
**Cheyenne, Wyoming 82009**

**A Course in Self-Defense**

**5:00 pm - 7:30 pm**

**Open to Females**

**12 years & up**

**Your Investment:**

**\$30**

**Bring a buddy!**

**Contact Chauncy Emerine**

**307-214-9563**

**[americanlegacy12@gmail.com](mailto:americanlegacy12@gmail.com)**

