



POPKIN

SELF DEFENSE CENTER

BROGNA

686 Dogwood Avenue, Franklin Square

Traditional Jujitsu • Self Defense
Daitoryu Aikijujitsu Roppokai

Studying martial arts at the Popkin-Brogna
Self Defense Center helps develop:

- **Respect for yourself and others**
- **Focus, confidence, self discipline**
- **Coordination, balance, strength**
- **Endurance, self awareness,
sharp memory and listening skills**

Sensei Popkin and Sensei Brogna have over
40 years combined experience in
traditional Japanese martial arts.

Men, Women, Children — ages 4 and up
Single Gender, Private, and Sunday Classes
Samurai Birthday Parties

Call now for more information.

516-489-1278

www.popkinbrognaselfdefense.com



POPKIN
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BROGNA

686 Dogwood Avenue
Franklin Square, NY 11010
(Key Food Shopping Center)



Bring this postcard and receive
One FREE Week
of Classes!