

Denver Area M3 Racers Meetup

Thursday, January 28th

7:00PM-8:30PM

** SAVE THE DATE for our next Meetup! Scheduled for Thursday, February 11th*

Location:

[Boulder Quest Center](#)

1200 Yarmouth Ave.

Boulder, Colorado 80304

Phone: 303.440.3647

**Parking is available directly behind the Boulder Quest Center. Additional parking is available along 13th and Yarmouth.*

Guest Speaker: Mary Casey

Owner and President of Boulder Quest Center

Senior Instructor

Meetup Topic: Self Defense

Description: This 45-minute To-Shin Do class covers responses to common assault scenarios, prevailing when size isn't on your side, and de-escalation techniques. This class will give you material useful for both physical and mental conflicts. At this M3 Meetup, you will participate in the most compelling, intelligent, and exciting martial arts adventure.

Be Magical in 2010!

**Please wear clothes that are comfortable and easy to move in.*

Fee: In lieu of a fee, we are asking that you donate to the Warrior Divas Emancipation Project: A BQC partnership with The Emancipation Network to provide empowerment training for survivors of slavery and human trafficking. (Cash or check on site).

To RSVP: <http://www.meetup.com/Denver-Area-M3-Racers/calendar/12192527/>

Or sign up at the BQC front desk