



WOMEN'S 10 WEEK SELF DEFENSE SEMINAR SPRING 2011



SENSEI BRAD SEWARD AND SENSEI BOB HALL WILL BE STARTING A WOMEN'S PRACTICAL SELF DEFENSE 10 WEEK SEMINAR BEGINNING SATURDAY MAY 7TH. ALL CLASSES WILL BE HELD ON SATURDAY MORNINGS. CLASSES WILL INCLUDE ALL LEVELS OF PRACTICAL SELF DEFENSE, INCLUDING, STRIKING, DEFENSIVE BLOCKING, ESCAPE FROM DIFFERENT GRABS, AWARENESS, BASIC THROWS, PERSONAL FLEXIBILITY, FALLING ABILITY, GROUND ESCAPE, AND GROUND ASSAULT DEFENSE. EMPOWER YOURSELF AND LEARN TO MAKE YOURSELF SAFER AND FEEL SAFER IN LIFE.

10 WEEKS COURSE FEE : \$100 INDIVIDUAL

*** * DISCOUNT FOR MULTIPLE FAMILY MEMBERS* ***



AT THE END OF THE COURSE, YOU WILL EARN A 10 WEEKS SELF DEFENSE CERTIFICATE, A PERSONAL SAFETY DEVICE AND THE KNOWLEDGE TO DEFEND YOURSELF ALONG WITH THE CONFIDENCE TO USE IT.

FOR QUESTIONS CALL SENSEI BRAD SEWARD AT 740 - 819 - 4852

OR EMAIL BRADSEWARD@ROADRUNNER.COM



