

**Fight Like A Girl!**



# Women's Self Defense Seminar

**WHERE:** ACTION KARATE PLYMOUTH MEETING  
1980 Butler Pike  
Conshohocken, PA 19428



**WHEN:** May 13th

**TIME:** 12:30 – 1:30

**PURPOSE:** To learn **FAST**, **EASY** and **EFFECTIVE** defense moves against common attacks directed towards women.

**Bring your friends, your daughters, your co-workers!**

## **WHAT YOU WILL LEARN:**

- "Don't be a victim" basics
- Body Language
- Situational Awareness
- Smart Tips/Facts/Statistics
- Basic Self Defense
- Pressure Points

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Return this bottom slip to Action Karate to reserve your place. Please fill out one per person.

Attendee Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Signature \_\_\_\_\_