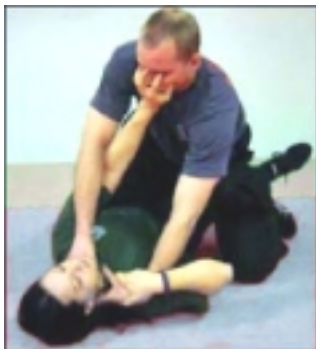


Women's Self Defense Training Programs

Top Ten List

1. Be Aware of your surroundings.
2. Remember the buddy system.
3. Keep your keys in your hand.
4. Don't hitchhike.
5. Observe the elevator.
6. Lock your doors and windows.
7. If you feel you are being followed - go to a safe place.
8. Remember - You have the right to defend yourself!
9. Trust your instincts.
10. Take a self-defense course.



More information at:
DallasKenpo.com



www.DALLASKENPO.COM
Martial Arts for Men, Women and Children
Headquarters: Dallas, Texas

Women's Self Defense

2739 Bachman Drive, Dallas, TX 75220
Phone: 214-351-5367 Fax: 214-366-3916
Email: Shihan@DallasKenpo.com

Chamberlain Studios
of Self Defense™



Women's Self Defense

Workshops and
Training Programs

214 351-5367

Chamberlain Studios of Self Defense™

Women's Self Defense Training Programs

What is Self-Defense?

Self-defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully prevent, escape, resist and survive violent assaults. A good self-defense course provides psychological awareness and verbal skills, not just physical training.



Women's Self-Defense Training

This is typically a 3-hour program, emphasizing physical self-defense techniques for women. Women can and do resist assault attempts successfully. There are three times as many attempts as completed rapes. Participants will learn how to disable an assailant in order to get away. The

techniques taught are very simple and effective and are based on striking vulnerable target areas.

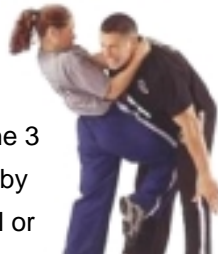
Why Self-Defense Training?

Self-Defense is more than knowing how to fight back against a physical attack. Participation in self-defense classes encourages you to think in terms of options and choices, develops your awareness and assertiveness skills and provides practice for physical self-defense techniques. A good self-defense class will expand the way you think about violence prevention, help you deal with your fears and enable you to feel more empowered in your life.



How do I get Started?

Simple. Join us for the 3 hour training session by registering for the Fall or



Spring sessions, or get a group of your own together! The cost is \$55 per person or \$75 for the whole family, ages 13 yrs - Adult. **Price includes the training DVD**



“How to Avoid Being the Victim of Violent Crime”

Corporate discounts are also available, as are onsite workshops, lectures and team building events. Below are participants from a corporate workshop for Red Bull, USA.



Call now!

Register your group early to reserve the time and date that works best for you! For more information visit us on the web at www.DallasKenpo.com or call us at:

214-351-5367