

Women's Self Defense Seminar

Quality and cost efficient training utilizing the latest techniques!

9227 Gulfstream Rd, Unit A
Frankfort, IL 60423

LOCATED TWO BLOCKS SOUTH OF
LARAWAY RD AND CENTER RD
INTERSECTION ON GULFSTREAM.

Phone: 708-646-1006
Email: dgkosho@comcast.net

Mail in the registration form with your payment (check or money order) to the address indicated on this flyer. Register by March 1st and receive a FREE \$20 Gas Card. (minors excluded)

To register by phone call
(708) 646-1006.

Bring two friends and you participate for FREE!

March 14, 2009 10:00am–1:00 pm Cost \$25

The statistics are shocking. One out of every three women is subject to an assault over the course of their life. You can reduce the risk of being a statistic by being mentally and physically prepared. Enroll now in our special Women's Self-Defense Seminar and we will teach you:

- * **How to recognize and avoid a bad situation.**
- * **How to escape grabs**
- * **How to disable an attacker**
- * **How to use everyday items as weapons to aid in your defense**



www.MidwestUnitedMartialArts.com

Participants will be required to sign waiver of release upon arrival. Minimum age 15 - must be accompanied by a parent or legal guardian. **Call the number on the tabs below to register.**

Midwest Academy-Women's
Self Defense Seminar
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