

Women's Self Defense Seminar

*Quality and cost efficient training
utilizing the latest techniques!*

9227 Gulfstream, 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) to
the address indicated on this
flyer. Register by March 1st
and receive a FREE \$10 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

REGISTRATION FORM

Name _____
Address _____

Phone _____
Signature: _____

Women's Self Defense Seminar

Midwest Academy of United Martial Arts—Seminar Division

Date: March 14th, 2009
Time: 10:00 am—1:00 pm

I have enclosed \$_____, I understand that no refunds shall be possible after March 7, 2009. Make check payable to: David Greco, MAUMA

All participants will be required to sign waiver of release upon arrival. Parent or legal guardian will sign waiver on behalf of minor. (age 15–17) and must be present during the entire event. **ATTIRE:** Wear sweat pants and a short sleeve shirt. Gym shoes will not be permitted on the matt area. *Keep the jewelry at home!!*

Please duplicate form as necessary. Thank You!