

DO YOU KNOW HOW TO DEFEND YOURSELF?

Date: Saturday, August 11, 2007

Time: 1:00-4:00 pm

\$40 Pre-Registration Fee. \$50 day of Seminar. Class size is limited.

Gracie Jiu-Jitsu self-defense moves are quick and easy to learn and could mean the difference between life and death. Some of the techniques taught will be:

- protecting personal boundaries
- de-escalating a threatening confrontation
- using physical self-defense to get away from an assault
- rape and ground defense

When you are attacked the only rule is you *must* survive!



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