

PREMIER MARTIAL ARTS ACADEMY

www.PremierMartialArtsAcademy.com

4440 Shasta Dam Blvd. – Shasta Lake, CA 96019 – (530) 275-3938

Women's Self Defense Introductory Course



**WOMEN'S SELF-DEFENSE
INTRO COURSE**

SATURDAY, APRIL 25
12:00 PM - 2:30 PM

RSVP BY APRIL 18
\$25/PERSON

Our custom designed women's self-defense introductory class teaches women the fundamentals they need to know to defend themselves against a potential attacker. We have developed a program that is dedicated to helping women learn how to:

- Improve their concentration and ability to remain calm under pressure.
- Protect themselves against various types of attack scenarios.
- Maximize damage in minimal time with minimal risk.
- Defend them from stand up to the ground.

The Agenda: Class will begin with basic stretching to warm up your muscles. We will then identify and discuss vital target areas and learn how to attack these targets with power to disable your attacker and escape. Upon completing the class you will have an understanding of blocking, striking, grab escapes, verbal tactics, and ways to effectively use body language using your body's natural defense mechanisms.

All you need is the motivation to pick up the phone and call 275-3938 to register. So put on comfortable pants and a T-shirt and come ready to learn how to become the victor, not the victim. Feel free to bring water and snack as we will have a 30 minute break mid-way through the class. The entrance to our studio is accessed using the gravel path on the left side of the LIFE center building. See you there!

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