



Warrior Concepts'
Black Belt Life Mastery
Academy

presents

Ladies'
Night Out!
A Safety Program for Women-Only

WOMEN'S SELF-DEFENSE COURSE

Mondays, beginning July 6th, 2009 from 7 - 8:30pm
(Strict limit of 30 participants)

Wouldn't it be great if, in today's dangerous world, you could be safe anywhere you go? Now you can gain the tools you need to be in total control of your safety and well-being - anywhere . . . anytime!

This special 4-week, beginner-level course will show you how to use your body's own defense mechanisms to escape from danger and live a more safe and happy life! This program is perfect for any teen or adult woman who truly wants to learn how to be more safe and prepared without all the hype and macho-type attitude of a typical, male-dominated, martial arts class. In fact, you'll **learn in hours** what often takes the average karate student years to learn. (* You will be notified if the location changes for any reason)

During this special seminar, you will learn simple, effective methods for defending against:

- ✓ **Grabbing and pinning attacks**
- ✓ **Punching, shoving, and slapping attacks**
- ✓ **Kicking and much, Much, MORE!**

The cost of this program is only:
\$79/per person
10% discount for ad'l family members

Register Today!

Space is Limited. Register with your non-refundable payment by July 31st, 2009



Non-Martial Arts Defense Training
"Just Enough"

NAME: _____ **AGE:** _____

(Participants under 18 MUST have written permission from a parent or guardian)

ADDRESS: _____

PHONE: _____ **EMAIL:** _____

CASH: _____ **CHECK:** _____ (Payable to: Warrior Concepts) **WCI 6/6/09**

To pay by **VISA or Master Card**, please call **Warrior Concepts at 988-2228**

Warrior Concepts * 362 Market Street * Sunbury, Pa. 17801 * (570) 988-2228