



Common Sense Self Defense For Women

Saturday, January 16, 2010 9:00 a.m. to 1:00 p.m.

Location:

West Plains Christian Fellowship, corner Lawson & Hwy 2, Airway Heights

Class will Address:

- Legal Considerations
- Social & Environmental Awareness
- **Recognizing Predatory Behavior & Dealing With It**
- Body Language vs. Verbal Language; **Moving to Gain the Advantage**
- Defensive & Makeshift Tools – The Great Equalizers
- **Simple Counters for ANYONE to Employ**, No Matter Your Size, Age or Physical Limitations
- **What Happens If You're On the Ground?** (It's Not Over Just Because You Are Knocked Down!)

Taught BY Women, FOR Women!

- Women **learn** differently from men
- We have **different** physical strengths & abilities than men – **not less**, just **different!**
- **Plan now** to make your **best defense**

This simple “learn and do” format is based on effective and efficient techniques from the Filipino martial arts. Not stylized “art,” but practical self-defense! Low impact and suitable for all ages, sizes and fitness levels. Loose, comfortable clothing suggested.

Cost: \$35* – includes class handouts.

***Additional members from the same family just \$20 each!**

For details: Contact Susan Beeman, (509) 721-1070, susan@cssdWASHINGTON.com