

Women's Self Defense Class



August 19 2017
11:00 A.M. – 12:30 P.M.
\$25/person
Ages 16 years and up

Learn Simple Effective Skills That Won't Take Years to Master! We emphasize effectiveness and simplicity instead of fancy skills that take years to master. Our training will also cover situational awareness and self-protection, to develop an understanding of one's surroundings and potentially threatening circumstances before an attack is launched.

What You'll Learn In This Self Defense Program:

- 1. How to avoid getting hit.** Techniques that minimize the danger of you being hit, especially in your vulnerable areas.
- 2. Nothing fancy – just basic techniques that work.** Techniques are simple and do not conflict with natural or instinctive body movements.
- 3. How to defend yourself in the quickest, safest and most effective way.** Most techniques include both defensive and offensive skills meant to protect you while inflicting maximum possible damage to your opponent to end the conflict fast.
- 4. How to use your opponent's vulnerable and weak points.** Techniques are designed to exploit weak points on the human body.
- 5. How to rely on skill instead of strength.** Techniques are designed to minimize your effort, enabling you to perform them effectively even at a size, strength or position disadvantage.
- 6. How to use available objects as weapons.** The system is designed to teach you to effectively utilize improvised and ordinary weapons.

Best of all, you'll be learning all this in a safe and friendly environment with an experienced instructor who understands how to work within your abilities and limitations.

If you have questions about this class please feel free to contact Master Alan R. Plechaty using the information below.

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