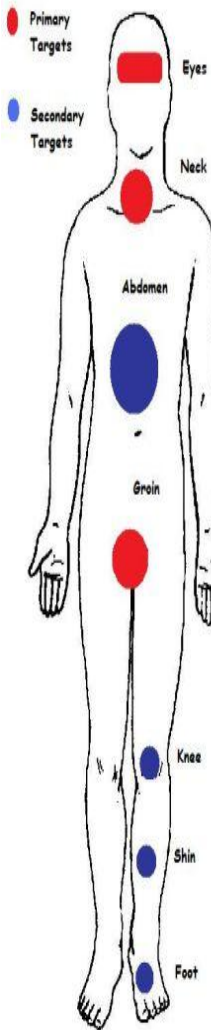


## Women's Self Defense Seminars



Most women who were raped or physically attacked, according to the Federal Bureau of Investigation (FBI), admitted they had never imagined something like that would ever happen to them. They were unprepared. They believed if they did not go to a bad neighborhood or look for trouble, trouble would never find them. But they were wrong. A violent crime could happen anywhere and anytime. To avoid being a victim or to get ourselves out of such a situation safely, we need to be prepared both mentally and physically. Knowing some basic self-defense techniques can help you gain a sense of control when you get attacked. Easy victims are those who tend to panic, get confused and appear helpless. Join us to learn practical techniques for defending in real-life situations. Clients are also encouraged to discuss situations and circumstances that they are concerned about so that instructors may broaden the scope of learning. Our goal is to replace feelings of helplessness with the knowledge of leverage. You will leave each course with more & more confidence and information to protect yourself with environmental, behavioral, verbal, physical & mental abuse.

### 2012 Schedule

Saturday; 1-3pm

Jan 21

Feb 18

March 17

\$35.00/2 hour session

Pre-registration is a **MUST!**

**Team Fit, Chesterfield**

**N/W corner @ 21 Mile/Gratiot Ave.**

**(586) 709-2194**

**[www.teamfitcorp.com](http://www.teamfitcorp.com)**