

Empower yourself to be safer & more confident!



WOMEN'S SELF-DEFENSE SEMINAR

July 13th & 14th

To Sign Up Call 454-9590

BENEFITS

- Increased Confidence
- Stress Release
- Personal Self-Defense
- Be Less Intimidated
- Increased Self-Esteem
- Increased Focus
- Improved Communications
- Positive Learning environment
- Ability to remain calm in crisis



**Unpleasant things happen to good people.
The best way to avoid trouble is to prepare yourself.
Training makes you safer.**

5 Hour Women's Self-Defense Seminar

Cost: Pre-Registration By July 6th \$50.00 per person \$60.00 at the door

When: Saturday, July 13th & 14th 2007 - Friday 5pm to 7pm Sat 9am to noon

Where: American Karate Kung-Fu Studio, 3115 E. Cleveland Blvd. Caldwell, ID

How to sign up: Call 454-9590 or e-mail kenpo@portal7.com

Call 454-9590 for more information about our six-week
Women's Self Defense course for your group and/or company.