

WOMEN'S EMPOWERMENT

SEMINAR

Saturday, March 3, 2012

2:00 - 4:00 pm

\$30.00



The Women's Empowerment self-defense program provides girls and women the tools and knowledge they need to gain the best chance of effectively defending themselves from sexual assault. The program consists of 4 modules:

- **Session 1: Fight Like a Girl**
- **Session 2: Girls on Guard**
- **Session 3: Defense Against Weapons**
- **Session 4: Weapons for Women**

Our seminar will focus on the first session: Fight Like a Girl (FLAG) --

This is the most popular course taught in the series. It is centered on the "Stay with People" principle and covers the most common sexual assault scenarios. (*Sexual assault scenarios means the student will actually learn how to escape from the very same positions in which rapists carry out their attacks.) This module is especially effective for attacks in parking lots, parking garages and other areas where it is imperative that you not be taken to a secondary location where you can be raped and murdered.

The innovative method developed here is to start students in the worst position possible --the attacker has you pinned on the ground and is in between your thighs. (Once this concept is mastered, all of the other attacks seem easy by comparison.) Students learn to effectively defend against this position as well as chokes, hits, and grabs. They learn to escape the dreaded and deadly "blitz" attack from behind as well as how to defend their space and keep an attacker from conducting a successful "interview".

NAME:	AGE:
ADDRESS:	
TELEPHONE:	EMAIL:

Signature:

Date: