



BETTER TO BE SAFE THAN SORRY!
Self-Defense Workshop: 22 May, Sunday

After an assault, it is too late to reverse the clock! "Why didn't I take that self-defense workshop?" you ask in deep regret. It was only a few hours at a minimal cost. I spend money on everything else, why didn't I spend a few dollars on my life?

- Gain Confidence from Competence!
- Fear No Man!
- Learn Valuable Self-Defense Skills
- Rest Easy at Night
- Acquire the Means to Protect Not Just You but Your Children



What can be said about learning skills that could save your life or even the lives of your children and loved ones who rely on you to protect them? Here are a few comments from our self-defense workshops.

This is a MUST for all women! ~Diana P.

Every woman must have this information! ~Chris Potter, age 52

I am in awe of how much material we covered...so effective! ~Darci Schriber

I absolutely recommend this workshop for all females of any age. ~Ellen, age 60

Learning self-defense is a way to honor the value of your life, while highlighting the importance of personal responsibility. ~Annette D.

I've never experienced a workout as fun, challenging, and informative as your self-defense workshop. I now have more confidence and awareness of potentially dangerous situations and what to do avert trouble.

~Leslie Leyton, THE MIX, Cox Communications

This workshop is open to all females 13 years of age and up. It's excellent for mothers and daughters. Husbands and fathers, give the ladies in your life the gift of self-protection, as well as giving you some peace of mind.

The workshop is three hours -- 10:00am to 1:00pm. Cost is \$48/person. Pre-registration at the link below. Wear comfortable clothing; bring a towel; water; nutrition bar (optional). Please arrive early. We start exactly at 10:00am. If you'd like to pay by check, contact Richard King.

Details at the following link.

<http://www.meetup.com/kingskarate/events/17502031/>