

Preston Hollow Early Childhood Association Presents: Chamberlain Studios of Self Defense™ **WOMEN'S SELF DEFENSE WORKSHOP**

What is Self-Defense?

Self-defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully prevent, escape, resist and survive violent assaults. A good self-defense course provides psychological awareness and verbal skills, not just physical training.



Women's Self-Defense Training

This is a 1-hour program, emphasizing physical self-defense techniques for women. Women can and do resist assault attempts successfully. There are three times as many attempts as completed rapes. Participants will learn how to disable an assailant in order to get away. The techniques taught are very simple and effective and are based on striking vulnerable target areas.



Why Self-Defense Training?

Self-Defense is more than knowing how to fight back against a physical attack. Participation in self-defense classes encourages you to think in terms of options and choices, develops your awareness and assertiveness skills and provides practice for physical self-defense techniques. A good self-defense class will expand the way you think about violence prevention, help you deal with your fears and enable you to feel more empowered in your life.

How Do I Sign Up?

Simple. **Just attend the January 23rd, 2012 Preston Hollow Early Childhood Association meeting!**

When: Monday, January 23rd, 2012 from
9:45am - 10:45am.

A Special Offer for Preston Hollow Early Childhood Association

Members:

Sign up yourself or your kids for any of our martial arts classes by the end of February 2012 and receive a FREE uniform! In addition, we will donate 1/2 of the registration fee to the Preston Hollow Early Childhood Association!



Two Locations to Chose From:

Love Field Headquarters Dojo: 2739 Bachman Drive, Dallas TX 75220

Lakewood Dojo: 2114 Kidwell St., Dallas TX 75214

Call: 214-351-5367

www.DallasKenpo.com

 Chamberlain Studios

 DallasKarate

