

SELF DEFENSE SEMINAR

For

WOMEN

Tuesday November 17th 2009

7:00-9:00pm

Fight Club Proving Grounds

1585 Crescent Lake Rd Waterford MI

(Inside the WCA Skate Park)

“Just in time for the Holliday shopping season!”

This life saving self defense seminar will be taught by
Law Enforcement Defensive Tactics Instructor and
United States Martial Art Hall of Fame Inductee
5th Degree Master Darwin E. Banister.

This is a hands on seminar where each student will actively participate. Students will be involved in an open forum discussion regarding safe guards to violence and mental conditioning exercises. Followed by hands on **Escape Techniques** where students will learn proven life saving self defense formerly only taught to Law Enforcement.

Pre-Registration by November 10th 2009 \$25.00

After November 10th \$35.00

Over 100, 000 Women Nation Wide in attendance

DON'T BE A VICTIM, REGISTER TODAY!

Call 248 240 7801