

WOMEN'S ONLY SELF-DEFENSE SEMINAR



April 10, 2010
1-4 PM



This training is open to females ages 12 and up.
Focus: Parking lot attacks; getting in/out of your car; taking packages in/out of your trunk; outdoor defenses while walking/jogging.

Dress: Long pants with bike shorts underneath; t-shirt, sports bra, athletic shoes; no jewelry; bring elbow pads.

**SEXUAL ASSAULT
AWARENESS MONTH**



REGISTER on line
<http://krav-maga-san-antonio.com>
Or call (210) 348-6127
Fee: \$20 each
Make checks payable to "Voices Against Sexual Assault" or "VASA"
Please pre-pay at the Krav Maga Training Center. No refunds.

Location:
Krav Maga Worldwide
Regional Training Center
100 Crossroads Blvd
San Antonio, TX 78201

Benefits go to
Voices Against Sexual Assault
(VASA) and programs supporting
survivors.



Instructors:

Pete Hardy—Owner 911 Self Defense;
Chief Instructor for Krav Maga South Central
Region; 1st Degree Black Belt

Guest Instructor: Kelly Campbell—3rd Degree
Black Belt, highest ranking female in the
U.S.; Featured on National Geographic
Channel Fight Science

