SELF-DEFENSE WORKSHOP

The WAR Chest Boutique Presents:



Preparing Hearts, Minds, and Bodies of Women Around the World

The 3-hour workshop will teach:

- Avoidance tactics
- Self-defense misconceptions
- Offensive/defensive techniques:(e.g., strikes and targets, chokes, grabs, bear hugs, and hair pulls)

One Light Self-Defense focuses on simple techniques to benefit women.

Date: March 23rd, 2013

Time: 9am-12pm; *Registration begins at 8:30am

Location: WAR Chest Boutique

2790 44th St SW | Wyoming, MI 49519

Cost: Suggested donation of \$5

*All donations will be designated toward WAR, Int'l's

Domestic Safe House fund

RSVP required by Wednesday, March 20th

Call the WAR, Int'l Reception desk to place your reservation! 616.855.0796 (Mon.-Fri. 8am-5pm EST)

*Additional Details: Participants must be at least 11 years old and should dress in comfortable clothing and gym shoes. No flip-flops or jewelry, please. Participants must fill out a waiver on the day of the event prior to participating. Women under 18 years of age must be accompanied by an adult.

Visit: warinternational.org/ for more information.