

# Is Your Life Worth More Than One Afternoon Of Your Time?....



Can you put a value on your life?!.... In time? In Dollars?.... Is it worth more than **JUST ONE AFTERNOON** of your time to learn just one thing that could change the outcome of a potentially bad situation?.... This is an exclusive self defense program for women only. This power-packed program is designed to help you "get away", not necessarily "conquer". Course content includes defense for attacks from many angles including front and back, wall attacks, and many other situations. Other aspects of the course cover various target points, also called pressure points, on the body to help in slowing down or hindering an attacker. **This program is a MUST for any woman looking to enlighten herself on defensive tactics for everyday confrontational situations - which can occur to ANYONE at ANYTIME - and by investing one afternoon - it could make a difference!**



**Sat. April 17, 2010**

**1:00 to 3:00**

**Ages 12 and Older**

**To Benefit Fidos For Freedom**



## LOCATION & CONTACT

Fidos For Freedom, Inc.

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Register Today!

\$20 Per Person

Please Register By April 1

Cash, Check, Credit Cards  
Accepted

[www.fidosforfreedom.org](http://www.fidosforfreedom.org)

Seminar Conducted By...



Mr. John Tucker / Maryland Taekwondo

**WOMENS/TEENS SELF DEFENSE**