



# WOMEN'S SELF DEFENSE & AWARENESS PROGRAM

"Empower yourself to act with confidence as you encounter any situation"

**What would you do if you were attacked?**

**Could you react with confidence?**

If you answered "No" to either question, this program is  
for you!

## What will be covered during the WSDSA Program:

- Build Self Confidence
- Address all types of aggression: verbal, physical, sexual
- Techniques based on principles of balance and leverage
- Learn to use common everyday articles to your advantage (i.e. purses, luggage, shopping bags, etc.)
- How to approach, enter, and exit your vehicle
- Do's and don'ts of entering and exiting enclosed areas

## About the Instructor: Paul Thomas

- 35+ years in martial arts
- 20+ years teaching the martial arts
- Tong Leong Karate - 9th Degree
- Tzee Wai Kuen/ Jui Jitsu - 9th Degree
- Macaco Preto - 5th Degree
- Certified Fitness Trainer - 20+ Years

**Where:** Next Phase Bethesda

**When:** January 12, 4-6 pm

**Cost:** \$60 per person | \$110  
Mother + Daughter group

Next Phase Bethesda: 7610 Old Georgetown Road, Bethesda, MD 20814

To register, email [camille@nextphasebethesda.com](mailto:camille@nextphasebethesda.com)