



SELF DEFENSE COLLEGE READINESS & WOMEN'S AWARENESS WORKSHOP

DON'T GET READY, BE READY!

"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
- Techniques based on principles of balance and leverage
- Learn to use common everyday articles to your advantage (i.e. purses, luggage, shopping bags, etc.)
- Learn real self defense in the shortest, most direct time possible

Instructor: Paul Thomas

- Founder of Fit N Defend
- 35+ years in martial arts
Tong Leong Karate - 9th Degree
- Tzee Wai Kuen/ Jui Jitsu - 9th Degree
- Defensive tactics instructor - 15 years
- Women's self-defense instructor - 20 years
- Certified Fitness Trainer - 20+ Years

Where: Next Phase Bethesda

Who: Women (all ages), Female High School Seniors & College Students

When: December 15th, 4 - 6 pm

Cost: \$75 per person

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

To register or for questions contact Paul Thomas
at 240.876.8257 or ready2protect@gmail.com