

Free Self-Defense Class

Are you concerned about safety? Do something about it!

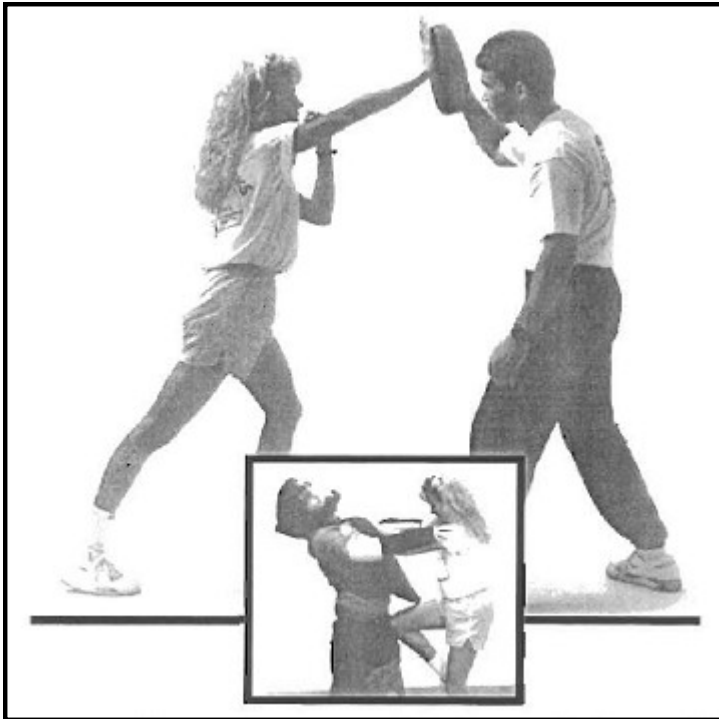
This program can save your life!

“Counter Attactics”

Taught by Bob “Thunder” Thurman, karate world champion

It's not just another self-defense program

A program designed for people of all ages



Join Ward Parkway Presbyterian Church & Ward Parkway Homes Association for a **FREE** self defense program. WPHA and WPPC are sharing the cost of this seminar and the places available.

For:

Female residents living in WPHA whose family is current on dues. There are only 35 places available. If there are spaces left, they will be made available to non-payers.

Reservations:

816-444-2159 / president@wphakc.org for paid WPHA members. Non-paid members may pay dues to reserve a space or put your name on the waiting list.

Date: Saturday, March 20th

Time: 9 am to Noon

Location: Ward Parkway Presbyterian Church
7406 Ward Parkway Kansas City, MO 64114

Bring a canned food donation for Harvesters please

Mental Awareness

Six Rules of Awareness
Four Elements of an Assault
The Psychology of Violence
Cooperative and Uncooperative Strategies
Four Rules of Survival
Fifteen Basic Rules of Self Protection

Physical Exercises – Hands-On Training

Learn the Vulnerable Targets
Perform Punching, Kneeing and Footwork
Practice Escapes from Front and Rear Attacks
Understand Ground Fighting Techniques
Know About Available Weapons
Simulated Attacks