

WOMEN'S SELF-DEFENSE

CRASH COURSE

MAY 18TH | 9:00AM - 1:30PM
AGES 12 AND UP | \$25 PER PERSON

REGISTRATION REQUIRED
SPACE IS LIMITED

Whole Life MINISTRIES



Gain lifesaving skills to stop the threat of criminal and sexual predators. Tactics include Krav Maga, Ground Defense, Hand to Hand Defense and Weapons Defense. Simple effective methods are easy to learn, remember and perform under stress. Vital skills are trained to avoid or stop a threat as quickly as possible. Training is beginner friendly and safe for all ages and fitness levels. Training addresses common attacks and worst possible positions for sexual assault that women fear.

Sexual Assault occurs every 92 seconds in the U.S.

Instructors and women trainers have diverse experience gained in law enforcement, military, VIP protection, firearms, defensive tactics, Krav Maga, martial arts, counter-terrorism and private security contracts with the U.S. government. Training is provided by the Absolute Tactical Defense Team. Hydrate well before and during training. Bottled water will be available. Wear comfortable athletic type clothing and shoes. Training is on various surfaces.

Contact Whole Life Ministries to register.
Email: mhaynes@wholelife.org
Phone: 706-737-4530

When: Saturday, May 18, 2019

Where: Whole Life Ministries, 2621 Washington Road, Augusta, GA 30904

Time: 9:00 am - 1:30 pm (Doors open 8:30 am)

Cost: \$25 Free to women in crisis & staff of women's crisis groups. Totally Confidential.

For technical questions about the course contact:
absoluteselfdefense@gmail.com or 706-825-4312



REGISTRATION FORM

Name

Email

Phone

Please turn in your completed form to Whole Life Ministries along with your \$25 registration fee.