

Women's Self Defense Seminar



Sexual Harassment, Assault & Rape Prevention

Saturday, Feb. 24th

6:00-9:00pm

Hollister Martial Arts Academy will be hosting a Women's Self Defense Workshop. The S.H.A.R.P course is specifically designed to address the needs of women in today's world. This course will provide the necessary tools to provide, not only the physical means, but the confidence to take charge and avoid becoming a victim. The program is broken into two sections. The first section will address the need for awareness and understand the steps you can take to remain safe. Also covered in this section, are profiles of victims and attackers. The second section will cover sexual assault. Women will learn physical techniques and strategies to defeat and escape an attacker. Many confidence building counter measures will be taught in this empowering seminar.

Also covered, will be Raising a Street Smart Child and Abduction Avoidance Techniques.

**Space is limited
SIGN UP NOW!**



A Family Center

Hollister Martial Arts Academy
581-F McCray St. (Premier Cinema Complex)
831-636-6662
www.HollisterMartialArtsAcademy.com

Enrollment Fees

General Enrollment: \$49.00

*Moms of BBC Students: FREE

Guests of BBC Moms: \$39.00

*Note: you receive 1 FREE admission to an HMAA sponsored seminar with each BBC program purchased.



Please enroll me in this important
S.H.A.R.P. seminar!
June 11th, 5-7PM

Name: _____

Guest Name/s: _____

Phn. # _____

Total Amount Enclosed: _____

Please make checks payable to Hollister Martial Arts Academy.