



Assault Prevention / Self Defense Seminar

When: 2nd Tuesday of every Month

Where: Terry Dow's Academy of Martial Arts

Time: 7:30 – 9:00 pm

Cost: **\$15 per person**
(Includes a keychain Kubaton)

Only **\$10** if you have your own Kubaton

You're invited to come learn and practice valuable safety techniques that could prevent and save you from an unwanted attack. At this 90 minute seminar you will be instructed on some basic skills necessary for recognizing and if required, dealing with potentially dangerous situations.

This is a hands-on seminar including such subjects as

- Situational **Awareness** and **Avoidance**
- Basic **striking** and **kicking** techniques
- **Escapes** from common grabs and holds

Knowledge

Awareness

Prevention



Empowerment

**Terry Dow's Academy
Of Martial Arts**

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Visit us at:

www.terrydowsacademy.com

The instructors of this seminar are involved in training law enforcement officers in "Suspect Control and Restraint". **Local Law Enforcement Officers will be present to assist in the presentation & Safety Tips**

Dress in your normal attire – bring with you items that you would carry on a daily basis (ie. Pocketbook, keychains, etc.)