



OK HERE IT IS



A NEW AND EXCITING FUNDRAISER

Would You Like To Raise Some Money For Your Group
and Learn To Protect Yourself At The Same Time?

Then Come Join Us And Sponsor A

WOMEN'S BASIC SELF DEFENSE SEMINAR

- INSTRUCTORS:** Dale McCutcheon ——— 10th Degree Black Belt
Tammy Rininger ——— 4th Degree Black Belt
- PROFIT:** An Agency or Group can make up to 50% and even more of the registration cost depending on the number of participants attending.
- SEMINAR HELD AT:** Dale McCutcheon's Martial Arts Academy
2825 Edison Street NW
Uniontown, Ohio 44685
Or An Approved Group Location
- FOR:** Ladies of ALL Ages
Teen Girls: 12 to 17 (Requires Parental Consent)
All Fitness Levels
- DRESS:** T-Shirts, Shorts, Sweats,
Wear clothing that is loose and comfortable.

THIS SEMINAR WILL COVER:

- How And Why Women Are Attacked
- What Assailants Look For In Their Victims
- Situational Awareness
- The Importance Of Reacting Quickly
- Where To Strike And How To Strike
- Primary Areas On The Body To Strike
- Frontal Attacks And Attacks From Behind
- Purse Snatching
- Ground Defense Including:
 - Wrist Grabs
 - Hair Grabs
 - Clothing Grabs
 - Chokes
 - Various Ground Attacks
and Much More!

The Techniques demonstrated will not be flashy or complicated.
They will be very simple and very effective.

For Additional Information Or To Schedule Your Fundraiser,
Please Contact:

Dale McCutcheon at (330) 699-8600