



At this seminar... we will show you **EXACTLY HOW TO RESPOND** against 5 of the **MOST COMMON ATTACKS** that women face.

... you will learn **2 POWER PRINCIPLES** that are **EASILY RETAINED** and **EFFECTIVE**

... you will learn **PRESSURE POINTS** and the physical responses that take place after striking these points.

...you will have a chance to work with **MALE VOLUNTEERS!**

The cost is only \$50 and there is a 10% family or group discount available.

## I Want the Power

If you can't make the seminar, there is a step-by-step instructional DVD that covers the material taught in the course. The DVD runs 38 minutes and sells for just \$24.95 online. The DVD's will be available at a discounted rate of \$20 at the live seminar.

Defense P.O.W.E.R. DVD!

# P.O.W.E.R.

## Powerful Options With Efficient Results

Call, today to register for the next seminar

# 817-281-3600

If you would like more information about this program check our national website

[www.IWantThePower.com](http://www.IWantThePower.com)



*Advanced Martial Arts*



**CHALLENGE YOURSELF AND BE A WINNER**  
In All Areas Of Life

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**Women's Self-Defense Course – “You Don't Have To Be A Victim”**



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