

# WOMEN'S SELF-DEFENSE WORKSHOP



## ASSAULTS Defense Systems

Endorsed by the United States Air  
Force elite unit S.E.R.E.  
“ As the best self defense course ”

I thought the self defense class was great! I always felt kind of weary about what I would do if grabbed from the back or held down on the ground. The techniques I learned make me feel more confident! Thanks!  
Erica C.

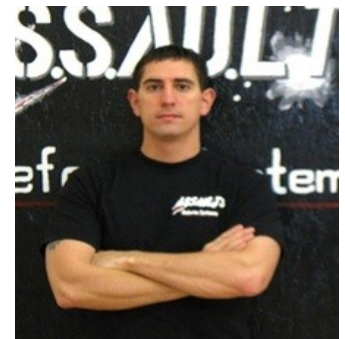
I really appreciate the time you've taken to gear this towards real life.  
Christi H.

### “Street Proof Yourself”

- Learn quickly how to better prepare yourself for life threatening situations
  - Increase confidence by knowing how to be a survivor and not a victim—this is your greatest weapon
  - \$20 per person—
  - Registration Necessary
- Location—Swedish Cherry Hill Campus— Pinard Foyer



Instructor: Gregg Loney



Instructor: Chris La Due

**Saturday, Nov. 12, 2011 10:30 – 11:40AM**

**(PREREGISTER ONLINE AT [WWW.ASSAULTSDS.COM](http://WWW.ASSAULTSDS.COM))**

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