



# **Women's Self-Defense Seminar**

**FREE Admission!**

When: April 2<sup>nd</sup>, 2011 9:00 AM - 12:00 PM

Where: FHSU Cunningham Hall Wrestling Room 110

**Why should someone learn self-defense?**

THERE'S NO EXCUSE FOR NO DEFENSE!

A person often realizes that they need to know self-defense when it's too late, when something has already happened to them. Come and learn techniques ranging from verbal control to ground fighting!

**Bring Your Friends!**

Sponsored by the Women's Leadership Project and the Defensive Tactics Club of FHSU