



# MOTHER'S DAY

## Common Sense Self-Defense

### FREE SEMINAR

Tuesday, May 15th  
7:00pm - 9:00pm

Open to the Public  
**TEACHERS • TEENS  
COLLEGE STUDENTS**

**Gain the Confidence  
to Protect Yourself**



**Instructor:**  
**Dawna Ellis**  
4th Degree Black Belt  
24 Years Experience



- **Situational Awareness:** How to place yourself in a position so you do not need to defend yourself.
- **Weapons:** How to use environmental and physical weapons.
- **Common Sense Self Defense Applications:** The first thing you should do if grabbed. Vital strike points on the body. What you can do to make an opponent let you go.
- **Gun Defense / Active Shooter Drills:** How to protect yourself and, if necessary, disarm an attacker.

## VIRGINIA MARTIAL ARTS CENTER



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**Pre-Register on-line by  
Monday, May 14th at  
[www.karate-family.com](http://www.karate-family.com)**