

Protect Yourself as You Shop This Holiday Season

**Common Sense
Self-Defense
FREE
SEMINAR**



**Thursday, November 19th
7:00 - 9:00pm**

- **Situational Awareness:** What to look for and where to sit/stand so you do not need to defend yourself.
- **Weapons:** How to use environmental and physical weapons.
- **Common Sense Self Defense applications:** What is the first thing you should do if grabbed? What are the vital strike points on the body? What will make an opponent let you go?
- **Gun Defense / Active Shooter Drills:** How to stay safe and, if necessary, disarm an attacker.

VIRGINIA MARTIAL ARTS CENTER



3325 Taylor Road, Ste 102
Chesapeake, VA 23321
www.karate-family.com
info@karate-family.com

**Reserve Your Spot
Bring a Friend!
Register On-line or
Call (757) 483-0195**

Learn to make grown men weep!