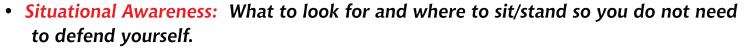
Protect Yourself as You Shop This Holiday Season

**Common Sense Self-Defense** 

## FREE SEMINAR

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



- 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



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Learn to make grown men weep!