








violence prevention training

Learn *effective self-defense skills*
and *have fun* in this
Low Commitment
High Impact
basics workshop

self-defense basics:

mental, communication, positioning, defensive
and healing strategies for adults and teens

-  *peaceful conflict resolution*
-  *verbal assertiveness*
-  *responding to harassment*
-  *effective physical techniques*
-  *empower yourself and your community*

tuesday, march 1

6:00 - 9:00 pm

\$40 (scholarship assistance is available)

Space is limited. To register, call **773.472.7663**



upcoming classes:

Five Fingers of Self-Defense course: for adults and teens
april 5, 12, 26 and may 3, 2011 —tuesdays, 6-9pm

Thousand Waves Martial Arts & Self-Defense Center, NFP
1220 W. Belmont Ave, Chicago, IL 60657 • 773.472.7663 • www.thousandwaves.org

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