









violence prevention training

"It changed my life from the very first night of class... it was simple and empowering—a great combination! I feel safer and smarter when I walk down the street, get in an elevator with a stranger, witness a violent situation..."

— course graduate

five fingers of self-defense: individual and community responses to violence for women and teen girls

-  *verbal assertiveness*
-  *peaceful conflict resolution*
-  *escapes from holds*
-  *physical defense techniques*
-  *responding to harassment*
-  *facing armed assailants*



april 5, 12, 26, and may 3, 2011

runs 4 Tuesdays, 6:00 - 9:00 pm (no session april 19th)

\$140/\$125 if you register by march 15 (*scholarship assistance available*)

Space is limited. To register, call 773.472.7663

upcoming classes:

Self-Defense Basics for adults and teens — June 5, Sunday, 11-2pm

Self-Defense 12-hour course for adults and teens — July 5-26, 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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