








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, may 4

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

7/6-27, runs 4 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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