







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*
-  *armed assailants*



apr 6 - apr 27, 2010

runs 4 Tuesdays, 6:00 - 9:00 pm

\$140/\$125 if you register by mar 16 (*scholarship assistance available*)

Space is limited. To register, call 773.472.7663

upcoming classes:

Self-Defense Basics class for adults and teens

5/4, tuesday 6-9pm

Five Fingers of Self-Defense course for adults and teens

7/6 - 7/27, 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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