







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 adults and teens

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



july 6 - 27, 2010

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

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

Space is limited. To register, call 773.472.7663

upcoming classes:

Free Refresher Workshop 9/12, Sunday, 2:30-5:30pm
open to graduates of Thousand Waves' 12-hour course

Advanced Self-Defense class: Intervening When You Witness Violence 9/19, Sunday, 2:30 -5:30 pm
open to graduates of Thousand Waves' 12-hour course

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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