

weekend **intensive** course



## Personal Safety & Empowerment: THE FIVE FINGERS OF SELF-DEFENSE

You will learn to:

- **STAND UP FOR YOURSELF**
- **RESOLVE CONFLICTS PEACEFULLY**
- **FEEL SAFER**

### DATES:

Friday, Oct. 25 –6:00p-9:00p

Saturday, Oct. 26 –1:30-5:30p

Sunday, Oct. 27 –1:30-5:30p



- \$150 for entire course (*mixed gender, adults and teens*)
- \$135 early bird special discount - register by Oct. 11<sup>th</sup>
- Scholarship assistance available



## Thousand Waves

Martial Arts & Self-Defense Center

Register online at:

[www.thousandwaves.org](http://www.thousandwaves.org)

or call: 773.472.7663

1220 W. Belmont Av.

**think.yell.run.fight.tell**