

St. Jude's Children's Hospital
SELF-DEFENSE SEMINARS

The area's #1 Martial Arts School Raises Money for Children's Cancer Research on Saturday, March 1st!



CHILD SAFETY SEMINAR: SATURDAY, MARCH 1, 10-11AM



- Stranger danger for the mall
- How to stay safe while riding your bike
- How to identify a stranger
- 3 important self-defense moves
- Safety in school and out at recess
- Verbal de-escalation, talking out of a fight
- Anti bullying techniques
- Tons more! Suggested Donation: \$5

FEMALE SELF-DEFENSE SEMINAR:
SATURDAY, MARCH 1, 11AM-NOON

- How to escape attacks from behind
- Why an "uncomfortable distance" is the best kept secret
- What 4 simple tools every woman should know
- The best "tool" every attacker is scared of
- Why "kick boxing" is the worse self-defense to learn
- Tons more! Suggested Donation: \$5



ADULT SELF-DEFENSE SEMINAR (CO-ED):
SATURDAY, MARCH 1, 12-1PM



- The 5 areas of self-defense
- Bruce Lee's simple secrets of how to beat bigger and stronger opponents
- What is trapping range, and how to use it effectively
- The number one secret you must know in weapons defense
- Why "punching" is one of the worse things you can do
- Tons more! Suggested Donation: \$5

Held at: ELITE DEFENSE SYSTEMS, Self-Defense Center
5695 STRATHMOOR DR., ROCKFORD, BEHIND ST. ANTHONY'S OSF
FOR MORE INFORMATION OR TO REGISTER CALL:

(815) 885-4758

www.RockfordMartialArts.com