

# Women's Personal Protection Workshop

Kuk Sool Won of The Woodlands offers personal protection workshops for women. These exciting and informative hands-on workshops teach self-defense and personal protection skills such as:



- ☉ The psychology of self-defense
- ☉ Principles of self-defense that may be applied in a variety of situations
- ☉ Practical self-defense techniques based on ancient martial arts traditions, but adapted to today's changing environment
- ☉ Pressure points and structural weaknesses that can be used in any self-defense situation

Class consists of self-defense discussion, demonstration, and practice for each technique learned, all in a safe and supportive environment. Each class session lasts 3 hours and the cost is \$20 per person.

## Participant feedback from previous workshops:

*"The class was awesome – we feel very empowered and equipped with the tools to keep from being a victim. We would love for all of the women in the church to have the class." T.K.& R.K.*

*"The self-defense class was really helpful. If I was ever in a bad situation I would feel well prepared. Thank You!"*

*"The self-defense class went great! So glad I was able to attend and thankful for the instructors' knowledge to help all of us. Thank you so much!" A.C*

*"Fabulous class! No suggestions because it was wonderful!" K.D.*

## When?

- Saturday, March 26, 2011  
Time: 1:00 PM – 3:00 PM
- Saturday, June 18, 2011  
Time: 1:00 PM – 3:00 PM
- Saturday, September 24, 2011  
Time: 1:00 PM – 3:00 PM

*For information and to reserve your spot,  
contact us today at:*

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**How Much?      \$20 per session**