



**“Every Woman
deserves to feel safe”**

Women's Self Defence Seminar

**Do you feel scared when walking alone?
Have you received unwanted attention from strangers?
Have you ever felt threatened by the behaviour of others?**

If you answered ‘yes’ to any of these questions, then our self defence seminar is for you.

Our seminar is designed to help everyday women deal with difficult situations. Regardless of your age or whether you are in good physical shape or not, our program caters for any female who wants to protect herself or those she loves.

With our extensive experience in martial arts, emotional awareness and anger management, in our seminar we will deal with the physical, mental and emotional aspects of attack scenarios and will show you some of the tools and strategies you can use to help protect yourself and those that are important to you.

- When: 1.00pm-4.00pm, Saturday, 25th February, 2012**
Where: Sunbury Gymnastics Centre, 12 Sussex Court, Sunbury
Cost: \$40.00
What to wear: Comfortable casual attire suitable for some physical activities
What to bring: A water bottle, towel and a ‘kick butt’ attitude
- This is a ‘women only’ event.

Places are limited. To secure your spot, email info@tritactics.com.au or call us, Pete Keogh 0419 158 189 or Jo Bell 0413 512 305 by Friday 17th February, 2012

We look forward to helping you.

Pete & Jo

▲ ABILITY ▲ OPPORTUNITY ▲ INTENT



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