

Join us for the next Women's EZ Defense Class

A Nationally Recognized Course Taught by Certified Instructors

Using Self-defense drills and lessons, this highly specialized self-defense program will teach you how to:

- Assess danger
- Respond effectively to verbal attacks
- Establish clear and assertive verbal boundaries to thwart an attack
- Cope with the adrenaline rush that occurs in threatening situations
- Suitable for females ages 12 and up
- Great for mothers, daughters, seniors, professional women and women's groups
- No previous martial arts training necessary
- Complete the course in one 4 1/2-hour session

EZ Defense for Women turns fear into power, as you learn how to assess danger, become assertive, set clear boundaries, control the body's adrenal rush and prevent physical attacks. This program is endorsed by police and rape crisis agencies nationwide as one of the most effective self-defense courses available.

Fee: \$25 (includes bottled water, snacks and light dinner and door prizes.)

Classes fill up fast and space is limited, so please register today:

<http://selfdefenseofknoxville.com/>