



ONE COMMUNITY  
MARTIAL ARTS  
**WOMEN'S  
SELF  
DEFENSE**

**4 WEEK  
COURSE**

**Course Information**

- This course will run from April 16th through May 7th. Classes will be held every Sunday from 2pm-3pm.
- The cost of the course is \$100.00 per person. 50% deposit required after registration.
- To Register go to our website, click on class registration forms, then class registration.

**Is this course For You?**

- Are you a mother looking to keep your family safe?
  - In school or heading off to college?
  - Do you travel for work?
  - Do you work late?
  - Looking for a way to feel safe in today's society?
  - Looking for a way to get physically active?
- If you answered yes to any of these questions then this course is for you!



**FOR**

**TEENS AND  
ADULTS (16+)**

Defensive tactics for today's  
Women!

*To Register Go To:*

[www.onecommunityma.com](http://www.onecommunityma.com)

**Why Should you take  
our course?**

- ✓ You will learn Situational Awareness
- ✓ You Will learn how to Identify threats
- ✓ Adapt the Warrior Mind Set
- ✓ Curriculum is designed from modern defense tactics designed for larger attackers
- ✓ Unlike other programs our curriculum has been taken from real world situations

