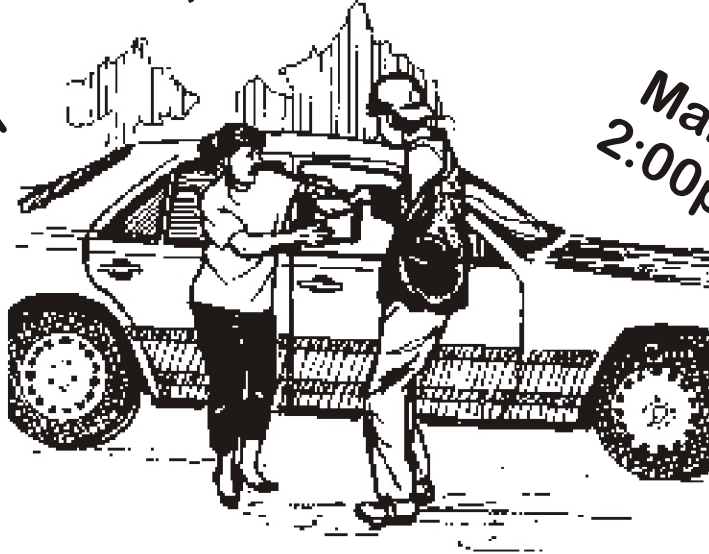


S.H.A.R.P.

SEXUAL HARASSMENT, ASSAULT AND RAPE PREVENTION

Register Early
Availability Limited
HELD IN
Pleasanton



Saturday
March 13th, 2010
2:00pm to 5:30pm

During March, Martial Arts America will host a Women's Self-Defense Workshop. The S.H.A.R.P. course is specifically designed to address the needs of women in today's world. The course will provide the necessary tools to provide not only the physical means but the confidence to take charge and avoid becoming the victim. The normal cost for the 3.5 hour S.H.A.R.P. course is \$49. For the members, their friends and relatives the cost will be \$39. Space is limited so please register early and tell your friends. The first 20 people to register will receive a FREE Self-Defense Key Chain valued at \$15. Training will be provided for use of the Keychain and Pepper Spray.

The program is broken down into three sections. The first will address the need to be aware and understand what can be done to remain safe, also covered in this section will be profiles of victims and attackers. The second section will cover harassment and what can be done to end it in a tactful and professional manner. The third section will cover sexual assault. Women will learn not only physical technique but strategy to defeat an attacker and escape. Many easy to use counter measures will be taught to give those who attend the ability to take care of themselves.

Please Detach

YES!!

Please enroll me in
the S.H.A.R.P. course
held on Saturday,
March 13th from
2:00pm to 5:30pm.

NAME: _____

PHONE #: _____

AMOUNT
ENCLOSED: _____



Where Families Grow Strong Together

QUESTIONS CALL

Pleasanton 846-1700

San Ramon 837-3040

Castro Valley (510) 733-6500

www.maakarate.com
Walnut Creek 932-9000
Livermore 443-3400
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