

S.H.A.R.P.

Sexual Harrassment, Assault and Rape Prevention



Learn practical self-defense easily in this 3.5 hour seminar. Designed specifically for women to increase your awarness of dangerous situations and how to keep yourself and loved ones safe.

Learn effective physical techniques and strategies quickly to not only defeat an attacker but to escape. Free self-defense keychain provided as well as training on how to use it.

Perfect for all women, moms, teens, and college students

During March, Martial Arts America will host a Women's Self-Defense Workshop at our San Ramon location (2432 San Ramon Valley Blvd. - Next to Nations). The cost for the 3.5 hour S.H.A.R.P. course is \$49. 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. Feel Free to invite other women/mom's to join in & their teenage daughters that are of high school age.

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.

 **martial arts
America**



**Please enroll me in the S.H.A.R.P. Self Defense Course
Saturday, March 16th - 2:00pm - San Ramon MAA**

Name: _____

Phone: _____

Email: _____

Amount Enclosed: _____

QUESTIONS CALL

Pleasanton - (925) 846-1700

Walnut Creek - (925) 932-9000

San Ramon - (925) 837-3040

Livermore - (925) 443-3400