



W.I.S.E. Self-Protection Seminar
(Women In a Safe Environment)

Saturday June 24th 2017 1-4:00pm
Global Martial Arts Academy
1200 Stone Church Rd. East, Hamilton

Strikes
Escapes
Controls
Scenario Training
Canadian Legislation

*******NO EXPERIENCE NEEDED*******

This seminar is taught by a retired police officer. The program has been taught to home-care professionals, teachers, security personnel, CSW's, PSW's, real-estate sales personnel, Grade 8 girls (going into High School) and their moms, Grade 12 girls (going away to University). We train in a non-threatening manner and participants are paired up with other participants to perform the techniques, which are based on everyday body mechanics.

**NO MALES ARE ALLOWED TO ATTEND
EXCEPT FOR THE SEMINAR TRAINERS.**

\$30.00 per person, minimum age 16 yrs.
Please call Ron at 289-439-0535 to book your group.