



Self Defense Class

PREPARED IN UNCERTAIN TIMES

Profits from this class will be used to assist Ms. Justina Hauss in her training, and travel expenses to compete at the World Cup in Argentina, November 2009. Donations accepted.

Why Do You Need This Class?

- To increase empowerment.
- To experience less fear or helplessness when intimidated.
- To gain physical self-defense skills.
- To avoid becoming a victim.

What Will You Learn?

- How to handle a stronger opponent.
- Learn how to get out of a wrist grab and more.
- How far to go to end the encounter.
- Use your attacker's size and strength against them!
- The most effective targets to strike.
- How to be more aware of your surroundings.
- Build confidence in your self defense abilities.
- Create strength, balance and power.



Instructor:
Mr. Michael Tucci

- **2nd Degree Black Belt in ITF/ATFI TaeKwon Do.**
- **Men's National heavyweight USTF Sparring & Breaking Champion.**
- **10 year martial arts instructor.**
- **6 year self defense instructor.**

Come Join Us

Wednesday, July 29, 2009 at 6:30 pm

10101 Newell Hickory Grove Rd, Charlotte, NC

Please contact 704-604-3479 for more information.

The cost of the class is \$20 pre-registration or \$25 at the door. (Cash/Check)
Class will last about 2 hours. Please wear comfortable clothing.

Pre-Registration

Funds paid to: _____

Date Paid: ___/___/___

Participants Name: _____