



# PROTECT YOURSELF!



## *4 Week Female Self Defense Course*

As only **Modern Warrior** can do it!

*Your Survival  
Begins and Ends  
With YOU!*

### 5 Reasons to Take This Course:

1. Raise your Awareness!
2. Dramatically increase your Confidence!
3. Improve your Balance and Coordination!
4. Learn to trust your Instincts!
5. Have fun!

*Now Enrolling! Class will be in session 4 consecutive weeks :  
Sundays, March 19<sup>th</sup> - April 9<sup>th</sup> from 4-6 pm*

### Topics will Include:

- Lifesaving Tactics against a Bigger, Faster, Stronger Opponent
- How To **WIN** From the Ground
- The Best Places for Women to Strike
- Self Defense Laws
- Strategy & Awareness
- And more!



*Gain Piece of Mind for just \$99!*

*Advance Registration, with \$50 Deposit, is Required.*

*Register with a group of 2 or more and pay just \$89 each!*

**EARLY REGISTRATION DISCOUNT!!** Register by Thursday, February 23<sup>rd</sup> and pay just \$87 per person; groups of 2 or more just \$75 each!

Space is limited! CALL NOW: 631-226-8383



**Modern Warrior®** Self Defense for the Real World

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