



DECEMBER 9, 2017
ATTACKS FROM BEHIND

Part two of our three part series

In the first seminar you learned how to become more aware of your surroundings and how to use your instincts to confront an attacker. *(Note: There will be a review of the most effective techniques and a chance to practice them)*

In this seminar you will learn what to do when you are attacked from behind. At the end you will have an opportunity to practice in a real life simulated attack to practice your new found skills. This seminar is open to the public.

Cost: \$25 for each session (Bring a friend and save \$5 each)

Purchase all three seminars for \$60 and receive a personal defense keychain.

Time: 1:00 – 3:00pm

Call to reserve your spot today.



Gilbert Martial Arts Women's Self Defense 480-899-9939	Gilbert Martial Arts Women's Self Defense 480-899-9939	Gilbert Martial Arts Women's Self Defense 480-899-9939	Gilbert Martial Arts Women's Self Defense 480-899-9939	Gilbert Martial Arts Women's Self Defense 480-899-9939	Gilbert Martial Arts Women's Self Defense 480-899-9939	Gilbert Martial Arts Women's Self Defense 480-899-9939
--	--	--	--	--	--	--

Take Control

Part 1
Self-Awareness
and Defense
(Completed)

Part 2
Attacks from
behind
(Dec. 9th)

Part 3
Your ground game
(Jan. 20th)

GILBERT ATA MARTIAL
ARTS
1534 E Ray Road, Suite 109
Gilbert AZ 85296
480-899-9939
www.gilbertazata.com