



Square M
Self-Defense
Warner Robins GA

Basic Self-Defense Seminar

Saturday April 15, 2017 1 pm to 4 pm

At Family Martial Arts in Warner Robins Georgia

Located at 1825 Watson Blvd. Behind the Chick-Fil-A

Any questions, call Matt at 478-304-2749

This is for women and men ages 8 to 80+

\$15 for the first family member. \$10 for all other family members.

Please note: no shoes are allowed on the training mat.

Seminar focus: Why we should protect ourselves (mindset) and how we can protect ourselves (techniques).

When people are attacked, they usually do the wrong thing first. This eliminates the element of surprise.

If you don't have the correct mindset, then skills won't help you.

Don't resist an attack - Fight an attack

If you study a martial art, then this seminar will help you better apply what you already know. If you don't do a martial art, then you need this seminar.

Criminals train how to make you a victim. Take a few hours and train also.