



Fortress Defense Consultants, LLC

Women's 4 Hour Self-Defense Course
Saturday, December 11th
9 AM - 1 PM
\$35 cash or check
25946 South Klemme Road
Crete, Illinois 60417

One of the most common groups chosen for victimization is women because they are perceived by criminals to be "weak." Nothing could be further from the truth! We at Fortress are firm believers that all women should learn strategies and techniques that will give them the advantage during a violent attack. We also understand that due to practical, legal or philosophical restraints, some women are restricted in their choices of self-defense equipment. Our Women's Self-Defense course is designed to address these issues and provide a customized, individual defense plan for all clients, regardless of age, abilities or situation.

Courses are run as "women only" and no male students are allowed to participate or observe. We will cover the following topics, among others as students wish:

1. Mindset
2. Awareness
3. Disengagement techniques
4. Pepper spray
5. Kubotan
6. Body striking target areas
7. Disarm techniques
8. Home security

Please wear gym shoes and comfortable clothes as we will be moving around quite a bit. We will provide water and snacks. If you could, please bring a chair!

Ages 12 and up.

Visit www.fortressdefense.com for more information!

Class size is limited to 16 and classes fill up quickly, so sign up today! Payment in full for each student is required to secure your spot. Pay in cash or make your check payable to **Frank Sharpe, Jr.** and drop it off Monday through Friday between 7 AM and 4 PM at Sharpe Well Drilling, 25946 South Klemme Road, Crete, Illinois. You may also mail it to Frank Sharpe Jr, P.O. Box 385, Crete, Illinois 60417. Please return the bottom portion of this flyer with your check in an envelope.

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Class Name: **Women's 4 Hour Self-Defense Course— December 11th, 2010**

Student Name(s) _____

Contact phone number _____

Email address _____