

# Safety Seminar For Adults (12+) and Kids (5-11)



Saturday November 17, 2018 1 p.m. - 3 p.m.

Join us for a seminar to learn lifesaving safety methods and self defense techniques, specifically designed to keep you and your loved ones safe. This hands on seminar, will educate you on how to handle a number of potential encounters.

## Knowledge of Martial Arts is not required

Wear comfortable clothing and come ready to learn. This seminar focuses on potential real life situations.

### Participants will learn:

- Safety awareness; walking to the car,
- Moving through buildings
- Mindset preparedness discussion
- Using your voice to command control
- Dealing with unwanted advances
- Escape techniques

The techniques taught are:

Easy to Learn, Easy to use, Easy to remember,  
and Extremely effective.

This may be the most important event you ever attend!

**Don't miss out on this event!**

Please call to pre- register (248)668-9805

**This seminar is open to the public.**

Cost for the seminar is \$20 per attendee

Seminar is at American Allstars Athletic Center  
3275 Martin Road Suite #125 Commerce Township, MI 48390

