



This Seattle woman fought off an attacker with techniques she learned in a self-defense seminar.

Teen & Women's Self Defense!

**Saturday
January 25
12-2PM**

**Ages 13+
\$24; or \$40 for two**

DON'T BE A VICTIM!

Join us for a no-frills introduction course designed to implement basic life-saving techniques for a variety of situations. Learn to avoid being a target, gain confidence and find your inner strength to defend yourself. No martial arts experience required.

You will learn to:

- Carry yourself confidently
- Use everyday items as lethal weapons
- Defend against multiple attacks and holds
- Move and strike with great force
- Use your powerful voice
- Gain control ASAP



Peaceful Warrior Martial Arts

7830 E. Redfield Rd., Ste 11 & 12
Scottsdale, AZ 85260

www.peacefulwarriorphx.com

(480) 200-1187

**MUST pre-register at
info@peacefulwarriorphx.com**

Calling all Moms, Daughters, Sisters, Aunts, Grandmas...

This seminar is specifically designed by a woman for teen girls and women so **you** can be your first line of defense.

Tiffany Richards has trained martial arts since 1998. She is a second-degree black belt in kensho-do and a self-defense expert.

She's appeared on multiple news programs spreading the message of the importance of taking control of your own safety.

Tiffany has taught for the Girl Scouts, various corporations and for private groups empowering women nationwide.

