



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

# Teen & Women's Self Defense!

**Saturday  
February 2  
1:30PM-3:30PM**

**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](http://www.peacefulwarriorphx.com)**

**(480) 200-1187**

**MUST pre-register at  
[info@peacefulwarriorphx.com](mailto: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.*

