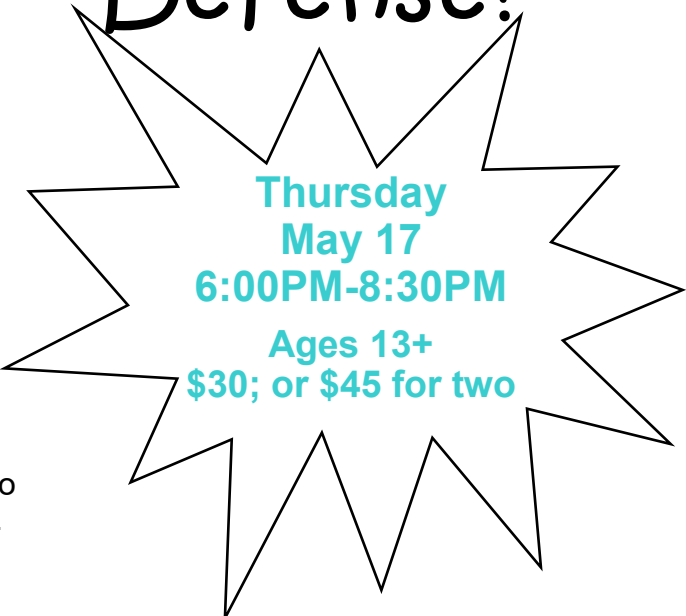




This Seattle woman recently fought off an attacker with techniques she learned in a self-defense seminar.

Teen & Women's Self Defense!



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

Heading to college?

Work alone (i.e. real estate)?

Looking for a great Mother's Day gift?

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 black belt in kensho-do and a self defense expert.

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

Tiffany has taught for the Girl Scouts and various corporations empowering teens and women valley wide.

