

Evade & Escape
Now To Gain Safety

A Women's Self-defense Seminar

by Progressive Martial Arts Academy



DATE AND TIME

Sat, January 14, 2017
2:00 PM – 4:00 PM EST

LOCATION

Progressive Martial Arts Academy
138 Fairbanks Rd. Oak Ridge, TN 37830

1 out of every 6 women in the United States has been the victim of an attempted or completed assault in her lifetime.

SEMINAR TOPICS

- Awareness and Danger Avoidance
- Acquaintance vs. Stranger Attacks
- The Survival Mindset
- Effective Tools and Targets to Get/Keep An Attacker Away From You
- Escapes from the Most Common Grabs and Holds in Abductions and Assaults
- Basic Techniques to Get Back to Your Feet.

SEMINAR IS FREE, BUT A \$20 DEPOSIT
IS REQUIRED TO RESERVE YOUR SPOT

Reservation is required. Call 865-481-8901.
WWW.PMAOAKRIDGE.COM

