



# **THE WOMEN'S SELF-PROTECTION SEMINAR**

From the  
RAPID SKILL BUILDING  
SEMINAR SERIES©

PRESENTED BY  
TOM GARRIGA'S TANG WEI MARTIAL ARTS INSTITUTE

TO BE HELD AT  
**SALT LAKE COMMUNITY COLLEGE**  
9750 SOUTH 300 WEST, SANDY CITY, UTAH

**FRIDAY, MARCH 11<sup>TH</sup>, 2011**  
**6:00 PM TO 10:00 PM**

## **FOCUS WILL BE ON DEVELOPING PRACTICAL SELF-DEFENSE SKILLS**

- FEAR MANAGEMENT & ENABLING MINDSETS
- AWARENESS & DECISION MAKING PARADIGM
- AVOIDANCE, DIFFUSING AND ESCAPE MODELS
- DEALING REALISTICALLY WITH A VARIETY OF ATTACK SCENARIOS
- GETTING TO SAFETY
- MAINTAINING AND BUILDING YOUR SKILL LEVELS

## **COSTS:**

PRE-REGISTRATION BY MARCH 2<sup>ND</sup> ONLY \$75.00 PER PERSON

## **TO PRE-REGISTER PLEASE CONTACT:**

Mr. Tom Garriga- Email: [tom@tomgarriga.com](mailto:tom@tomgarriga.com) Telephone number: (801) 558-9435

MR. GARRIGA HAS SUCCESSFULLY TRAINED MEN AND WOMEN TO DEFEND THEMSELVES USING PROVEN METHODS DEVELOPED FOR THAT PURPOSE. THESE REALISTIC METHODS HAVE BEEN CONSTANTLY REFINED AND UPDATED AND ARE APPLICABLE TO THE REAL WORLD PROBLEMS OF TODAY.