Back By Popular Demand: The WOMEN'S SELF-PROTECTION SEMINAR

From the RAPID SKILL BUILDING SEMINAR SERIES©

PRESENTED BY **MASTER TOM GARRIGA**,
PRESIDENT OF THE TANG WEI MARTIAL ARTS INSTITUTE

FRIDAY, AUGUST 12TH, 2011 FROM 6:00 PM TO 10:00 PM

AT THE SALT LAKE COMMUNITY COLLEGE

9750 SOUTH 300 WEST, SANDY CITY, UTAH

DEVELOP EFFECTIVE SELF-PROTECTION SKILLS

- CREATE WITHIN YOURSELF THE **STATE OF READINESS**
- RECOGNIZING WARNING SIGNS AND MANAGING FEAR
- LEARN HOW TO USE THE **E.N.D. STRATEGY** AND GET TO SAFETY
- STRIKING VULNERABLE TARGETS TO DEFEAT A LARGER OPPONENT
- CREATING ENOUGH POWER IN YOUR MOVEMENTS
- USING PSYCHOLOGY AND ADAPTING TO WIN
- MAINTAINING AND BUILDING YOUR SKILL LEVELS

COSTS:

ONLY $75.00 PER PERSON WHEN YOU PRE-REGISTER FOR RESERVATIONS

FOR RESERVATIONS PLEASE CONTACT:

Mr. Tom Garriga- Email: 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.