

**WOMEN'S
SELF DEFENSE
SEMINAR SERIES**

**SELF ESTEEM
SELF DEFENSE
AWARENESS
SAFETY**

EXCEL DEFENSE STUDIOS is an all around fitness and training facility where children and adults can learn several martial arts, self defense, and fitness training programs. The program is taught in our new 5,500 square foot facility located approximately 1 mile east of the US 95 Freeway in Northwest Las Vegas at the southeast corner of Craig Rd. and Jones Blvd.

EXCEL
DEFENSE STUDIOS



*Do you want to learn to learn **self defense** and **awareness** techniques that work in the*

*Do you know what to do if you were **attacked** by someone **bigger** and **stronger** than you are?*



*Then come to **EXCEL** Defense Studios*

WOMEN'S SELF DEFENSE SEMINAR

Our Women's Self Defense program is taught by experienced law enforcement officers. See reverse for series dates, times, and registration information.

BECAUSE LOSING IS NOT AN OPTION
5803 W. Craig Rd., Suite 102, Las Vegas, NV 89130
Tel: 702.269.6700, Fax: 702.309.6701

WWW.EXCELDEFENSE.COM



THE EXCEL WSD SYSTEM

WHAT WILL YOU LEARN?

The Women's Self Defense Seminar is a hands on program that is designed to give you the ability to respond effectively in a realistic attack situation. We will educate you on personal protection, environmental awareness, home security and practical self defense techniques.

IS THE TRAINING FOR YOU?

This two week course is based on reality. The participants can actively participate in simulated attack scenarios in a safe and controlled environment. EXCEL instructors wear full protective gear to provide a realistic element that other self defense courses cannot. This method of instruction provides a safe way for women to see just how effective they can be when using proper technique as well as to understand what can happen when mistakes are made in a life threatening situation.

The Women's Self Defense Seminar will educate you on how to keep you and your family safe inside and outside your home. Whether you are in a group or all alone, you will get a foundation of knowledge to call upon when you have no other choice but to fight back to survive.

BRING THIS FORM TO THE STUDIO TO REGISTER IN PERSON OR FAX IT TO (702) 309-6701. YOU WILL RECEIVE CONFIRMATION OF YOUR REGISTRATION AND SERIES DATES.

REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY, ST ZIP: _____

E-MAIL: _____

TEL: _____

Classes are held on Monday and Wednesday evenings from 6:30 p.m. to 8:00 p.m. for 2 weeks.

REGISTRATION: The program costs \$150 per person. It is free for EXCEL Defense Studios Members. Space is limited and pre-registration is required.

PAYMENT INFORMATION

CASH: \$ _____ CHECK: # _____

CREDIT CARD: VISA - MASTERCARD - DISCOVER - AMEX _____

CC NUMBER: _____

EXP. DATE: _____ AMT: \$ _____

SIGNATURE: _____

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