



ENSO CENTER

SELF-DEFENSE SEMINAR



OPTIONS SELF-DEFENSE SEMINAR

\$25 SUGGESTED DONATION.
NO ONE IS TURNED AWAY.

SELF-DEFENSE IS A COMPLICATED SUBJECT. IT IS BOTH AN IMMEDIATE RESPONSE AND AN ACT OF PREPARATION. IT IS PHYSICAL, MENTAL AND EMOTIONAL. IT REACHES INTO EVERY PART OF LIFE BECAUSE GOOD SELF-DEFENSE IS NOT JUST THE ART OF FENDING OFF AN ATTACKER; IT IS THE ART OF BEING AN ACTIVE PART OF THE WORLD IN WHICH WE LIVE.

PARTICIPANTS WILL:

- ACHIEVE AN INCREASED SENSE OF SELF CONFIDENCE
- LEARN EFFECTIVE PHYSICAL SELF-DEFENSE TECHNIQUES
- EXPERIENCE CONFRONTATION SCENARIOS IN A SAFE ENVIRONMENT
- DEVELOP A PERSONAL SELF-DEFENSE PLAN

FOR MORE INFORMATION, GO TO: WWW.ENSOCENTER.ORG