



# **RYU SHU KAN: Women's Self-Defense~**

**1256 Waverly Ave. Farmingville, 11738**

**www.ryushukan.com Ph: 698-2467**



## **You will LEARN:**

- ❖ **VERBAL SKILLS**
- ❖ **ASSERTIVENESS**
- ❖ **STRIKING**
- ❖ **GRAPPLING**
- ❖ **GROUND FIGHTING**



**SAT. Oct. 13 2PM – 3PM**

**followed by a Health & Nutrition Seminar w/free samples**

**ONLY \$10! ~ The Best \$10 you can spend!!**

**CALL; 698-2467 ~TO RESERVE YOUR SPOT~**



- Be Aware: Awareness is one of the most important things in Self Defense. By being aware of your surroundings, many threats can be avoided.
- Be Confident: Most "fights" are won before they start, and aggressors will back down if you maintain eye contact and are not intimidated by them.
- Be Strong: Confidence comes from strength, strength comes from training.
- If you see or sense problems, change your route or prepare to run or defend yourself, TRUST YOUR INTUITION!
- Never act or look like an easy target.