

2009 WOMEN'S SELF DEFENSE SEMINAR

Self Esteem
Self Defense
Awareness
Confidence
Safety

May 14, 2009

**5:30 pre-register
6:00-8:00 pm**

**3170 Research Way #82
Carson City, Nevada
775-882-8821**



Vera Harrison
10th Degree
Black Belt



Do you want to learn **self-defense** with **awareness & confidence** techniques that work in the **real world?**

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



You Don't Want to Miss This!

This is an all around self-defense training seminar teaching the latest techniques. Vera is high energy with extensive knowledge in the martial arts. You will learn dynamic ways on how to get away from an attacker and defend yourself.

Bring your friends!

Advance Cost \$25.00

(Day of the event Cost \$30.00)

www.sierrajujitsu.com