



# Personal Safety Awareness Self-Defense Class

*Learn to Protect Yourself Now!*

**Workshop  
for  
Women!**

This exciting 3<sup>1/2</sup> hour workshop is loaded with realistic safety methods & self-defense techniques that really work. This is no boring lecture or exhausting workout! WTS instructors combine their law enforcement, SWAT, & martial arts experience to provide a fantastic balanced course in a safe, FUN, & friendly environment. Reality based high-energy scenarios & reality-based training include topics such as:

- **Abduction Prevention - includes hands-on car training in the parking lot**
- **Assertiveness Skills / Rape Prevention**
- **Safety While Jogging / Walking / Shopping**
- **Pepper Spray Use (available for purchase)**
- **Proactive & Reactive Skills**
- **Prevention Techniques - Awareness!**
- **Body Pressure Points for Self-Defense**
- **Safety Skills at Home & School (college too)**
- **Defending Against Weapons**
- **Update on Criminal Tactics Currently Being Used**

Training Presented by:  
WTS Protection Services  
Sonora, CA  
Business License #30943  
Tel: (209) 532-6677

Date: To Be Announced  
Cost: \$30