

# STREET SMART Self Defense Seminar

Comprehensive, Street-Smart, Self  
Defense and Personal Safety  
Training for men and women of all  
ages, fitness and skill level!

## Learn To:

- 👍 Fight back and protect your rights
- 👍 Avoid being a target and a victim
- 👍 Be Empowered and take control

## Learn basic:

- ✓ Stretching and Warm Up
- ✓ Strikes and Blocks
- ✓ Pressure Points
- ✓ Joint Locks and Control Tactics

**Seminar Instructed by: Mr. Ken MacKenzie**

**5<sup>th</sup> Degree Black Belt Taekwon-Do**

**Certified PPCT Defensive Tactics Instructor**



***“Take charge of the situation!”***

Date: **April 10<sup>th</sup>, 2010**  
Time: **9:00am - 12:00pm**  
Place: **Carleton Fire Hall**  
Cost: **\$29.95 per person**

Call now to book your spot:

# 761-2550

[www.DefensiveTactics.ca](http://www.DefensiveTactics.ca)