

# Defend Yourself



85% of women who fight back are not raped or injured

## Feel Empowered to Fight Back

In this seminar, learn how to:

- Recognize and avoid dangerous situations
  - Fight off an assailant
  - Not be a victim

Who: Girls/Women ages 11 and up

When: 10:00-12:00 Wednesday June 21, July 19 And August 16.

Come to 1 or all classes. Repetition is key!

Where: Ashland Karate Academy

Price: \$20 for 1 class, discount for multiple classes



Ashland Karate  
Academy

For continued training call the Academy at 541-488-2322

644 Tolman Creek Rd. Ashland OR 97520 [ashlandkarateacademy.com](http://ashlandkarateacademy.com)