



What are the benefits?

- improves self-esteem and confidence.
- improves strength, coordination, balance, flexibility, and reflexes.
- promotes a positive mental focus.
- relieves stress, and promotes an active lifestyle.
- teaches skills that may save your life!

SEPT. 5, 19, & 26, 2015
12:00PM – 1:00PM
WOMEN'S
SELF-DEFENSE
SEMINAR

The seminar is FREE, and open to the public!*

Space is limited! Reserve your spot today!

*All minors (age 12+) must be accompanied by a participating adult.

**Statistics provided by the National Coalition Against Domestic Violence.

Why Self-Defense?

Women between the ages of 18-24 are most commonly abused by an intimate partner. On average, nearly 20 people per minute are physically abused by an intimate partner in the United States.**

1 in 3 women have been victims of [some form of] physical violence by an intimate partner within their lifetime.**

72% of all murder-suicides involve an intimate partner; 94% of the victims of these murder suicides are female.**

**TITAN KARATE
ACADEMY**

Location:
GSW STORM Dome
Aerobics/Group Exercise
Room, 1170

Contact:
Dr. Mark Laughlin
Mark.Laughlin@gsw.edu
229.931.2250
www.titankarate.com