

Free Family Self-defense Seminar

Don't Be A Target, Be Aware



**TWO RIVERS MARTIALS ARTS, PLEASANT HILL BRANCH AND
THE ALTOONA POLICE DEPARTMENT
BRING TO YOU**

Family Self-Defense Strategies

On: Tuesday, October 1st, 2019
From: 6:30PM – 8PM
Location: Shining Stars Assembly Hall
(Next to the Pleasant Hill Post Office)
1250 NE 56th St.
Pleasant Hill, IA 50327
(Enter West doors)
Seminar age: 13 years and above



- Alertness to surroundings
- Preparation and prevention of dangerous situations
- Introduction to hands on self-defense techniques
- Escapes
- Targets
- Practice responses



Dr. Kari Swain will also be available with information. Dr. Swain is a family wellness expert who has changed the lives of countless families over the last 20 years by giving them the tools to lead healthier lives.
Swain Chiropractic, 410 Center Place SW, Altoona, IA 50009, (515) 967-9300

Two Rivers Martial Arts, Pleasant Hill is a non-profit Tae Kwon Do School
Our curriculum also includes a self-defense component with escapes
Start anytime for only \$20 a month with discounts for families.

First 2 classes are free to try.

Find us on the Web (tworiversmartialarts.com), Facebook, Twitter, and Linked In

*Registration on Facebook appreciated but not required
Seminar Lead by Mr. & Mrs. Adamson, several black belt instructors and Mark Harmon, Altoona Police department*