

# ***WOMEN'S SELF DEFENSE SEMINAR***

**DON'T BE A VICTIM! LEARN HOW TO FIGHT BACK!**

**Special Guest Speakers:**  
Police Officer: Catherine Warrington  
Firearm Expert: Ashley Sullivan



**Learn to:**

- \* Not be an easy target by - Presenting yourself in a confident manner and being aware of your surroundings**
- \* Effectively avoid conflict and escape techniques**
- \* Use your body's natural weapons**
- \* Deploy static weapons for self defense**

**A Safety & Self-Defense  
Empowerment Seminar for  
Women!**

**Invite a friend and receive \$5 off!**

**INSTRUCTORS:**

**Master Ed Kwan** is a 5th degree in the art of Modern Arnis. Head instructor at Clear Lake Modern Arnis and has taught seminars in multiple countries.

**Master Tuan Nguyen** is a 4<sup>th</sup> degree in the art of Hapkido and Taekwondo. He has over 30 years of experience in martial arts.

**Seminar Date:** Saturday, 09/16/2017

**Time:** 1:00pm-4:00pm

**Where:** Clear Lake Community Center

[16511 Diana Ln, Houston, TX 77062](#)

**Cost:** Only \$30 for this exclusive 3 hour seminar.

**PLUS:** \$5 off for every friend who pre-registers

**Attire:** Loose, comfortable clothing and tennis shoes

(example: T-shirt, comfortable shorts or pants, sneakers)

**Register:** Call Ed Kwan @ 713-927-0306

**Or via Square @ [squareup.com/store/clear-lake-modern-arnis](https://squareup.com/store/clear-lake-modern-arnis)**