

Houston Martial Arts Academy

Presents

North American Tae Kwon Do

Personal Self Defense for

Non Martial Artists

Four Week Course

Saturdays 4 - 6 pm

Sept. 10 - Oct. 1

\$60

Topics

- **SELF DEFENSE**

Learn techniques that are useful under stressful situations.

- **SELF CONFIDENCE**

Build and strengthen confidence within yourself.

- **SELF EMPOWERMENT**

Discover that you CAN defend yourself and your loved ones.

- **RISK AWARENESS**

Learn to identify potential threats in people and situations.

- Fundamental Conditioning for Self Defense
- Predator/Prey psychology
- Basic Protection
- Attack/Defense Scenarios
- Adrenalin response training
- Self defense psychology
- Perseverance drills
- Weapons defense
- Introduction to RAD training
- Defense from multiple attackers

To Register: info@houstonmartialartsacademy.com

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