

# Women's Self Defense Seminar

March 28  
2010  
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~~~~~ Learn. Control. Thrive. ~~~~~

## Protecting Your Body, Saving Your Life...

Intensive 3 hour course open to all ages, and all physical abilities

Designed by women, for women

Basic training and guidance

Learn techniques, tools, and the skill to control both yourself and an attacker

Watch full aggression demonstrations

Learn about defending yourself when a weapon is present

Feel Comfortable learning in a safe, understanding environment

Exercises will be assisted by educated, competent Krav Maga Practitioners as well as former Marine Colonel Dr. JB Neal, and Virginia State Trooper Joseph Allen

Course Curriculum has been reviewed and approved by renowned martial artist S. Asher Cohen Willner

Sunday, March 28<sup>th</sup>  
132 West Jefferson Street  
Falls Church, VA 22046  
**Sign up at: [info@kravworks.com](mailto:info@kravworks.com)**  
**Seminar Fee: \$20**  
**Class size is limited, register now!**

### Instructed By:

**Melissa Floyd**

*Krav Maga Instructor, Brazilian Jiu Jitsu  
Blue Belt*

**Blair Brooks**

*Krav Maga Instructor*

### What you will need:

Comfortable, breathable clothing (exercise clothing preferred)

Water

A small snack (fruit or energy bar)

Notebook and pen

A willingness to work hard and learn

*In 2008, there were an estimated  
834,885 aggravated assaults in the  
Nation.*

*Every 2 minutes, someone in the U.S.  
is sexually assaulted.*

*Approximately 1.3 million women and  
83, 500 men are physically assaulted  
by an intimate partner annually in the  
United States.*

With over 9 years combined experience in the Israeli fighting system, Krav Maga, and 5 years technical proficiency in Brazilian Jiu Jitsu, Melissa Floyd and Blair Brooks bring an exceptional level of expertise in self-defense instruction. Having learned from some of the most advanced and respected martial artists and special force instructors throughout the country, they have refined their skill to work specifically for women, and in real-life circumstances.

Sponsored by KravWorks/The Fighters Garage  
[www.kravworks.com](http://www.kravworks.com)

