

## Self Defense Clinic for Women Only

Did you know that **1 in 5** women will be sexually assaulted in their lifetime. [FBI Uniform Crime Report](#) states that 90% of sexual assault/rapes go unreported.

What this tells us is the likelihood of you being involved in a **sexual assault** is much higher than you realize. Do not wait to become a statistic before you decide to do something.

The REDMAN Self Defense Workshop for Women is the only self defense program you will ever need. It will give you real skills to actually defend yourself. This adrenal stress scenario based training will teach you to manage the **FEAR** that is associated with an attack on the street or in your home.

- Learn what to do if a man grabs you and tries to overpower you!
- Learn **5 easy techniques** that will give you the confidence to "know" you can defend yourself!
- Learn how to control the **adrenaline dump** when it hits you and use it to devastate an attacker!
- Learn how to disarm and defend against an armed opponent (knife and firearm)

Date: Saturday, April 29, 2017

Time: 10:00 am to 6:00 pm

Tuition: \$350.00 Per Person

Lunch and snacks will be provided. Call and reserve your spot today!

[www.realitydefense.com](http://www.realitydefense.com)

[www.facebook.com/RealityDefense](http://www.facebook.com/RealityDefense)

[www.twitter.com/DefenseTraining](http://www.twitter.com/DefenseTraining)

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Don't Be A Victim  
Be Aware  
Be Prepared  
Stay Alive



Would you REALLY know what to do if the unthinkable happened?