

Self Defense for the Real World!

Lead Instructor: Kristie Sharp.



Kristie has participated in over 60 **REDMAN** and **Specialty** Courses in her **13 years** of teaching. She brings a unique perspective to

this program for women and has gained the respect of many men and women for her dedication to her craft. Come and learn from her vast **experience**.

Date: Saturday, Mar. 23, 2015

<u>Time</u>: 10:00 am to 2:00 pm

<u>Tuition</u>: \$200.00

Lunch and snacks will be provided.

www.realitydefense.com

www.facebook.com/RealityDefense

Reality Defense Training 7750 E. Redfield Rd. D-102 Scottsdale, Arizona 85260 Kristie 602-550-7314

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

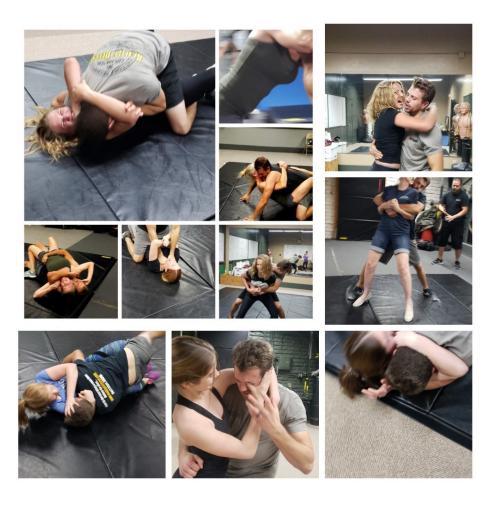
Fast and Ferocious

Self Defense Clinic for Women

The **Fast and Ferocious** Workshop for Women is a streamlined version of the "F.A.S.S.T. Women" 12 session course. It will introduce you the skills to defend yourself in real situations and introduce you to the control of Adrenal Stress!

The Fast and Ferocious program is the perfect for the busy woman that feels the need for Real World Self Defense!

- 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!
- Develop the proper mindset to survive!



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