

Fast and Ferocious

Self Defense Clinic for Women

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**.

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!

Date: Saturday, Mar. 23, 2015

Time: 10:00 am to 2:00 pm

Tuition:
\$200.00

Lunch and snacks will be provided.

www.realitydefense.com

www.facebook.com/RealityDefense

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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?