

# AWE!

## All Women Empowered! Self Defense Program

A violent crime occurs every **26 seconds**

1 in 5 women are survivors of **rape**

1 in 3 women experience **domestic violence**

70% of sexual assaults occur **before the age of 17**

College-aged women are **4 times more likely** to be assaulted

### LEARN HOW TO PROTECT YOURSELF

#### **5-Session Class**

October 3, 10, 17, 24 & 27  
7:30-9:15pm

Bostock Martial Arts Center  
7300 Manatee Ave.,  
Bradenton

\$175\* FOR ALL 5 CLASSES  
+ free dry-fit AWE! shirt

- Become more aware of potential threats and dangers in your environment
- Respond appropriately when threatened
- Defend yourself against attackers
- Free yourself from an attacker who is trying to choke, assault or violate your body
- Participate as the victim in a live attack and receive feedback and instruction on performance

Classes taught by a Certified Krav Maga Instructor and four facilitators.

**SPACE IS LIMITED!!**

**For more information and to register, contact**

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