

POW "Pursuit Of Wisdom" MARTIAL ARTS AUSTRALIA,  
in partnership with CITY OF GOLD COAST COUNCIL proudly presents

# FREE

CITY OF  
**GOLDCOAST.**

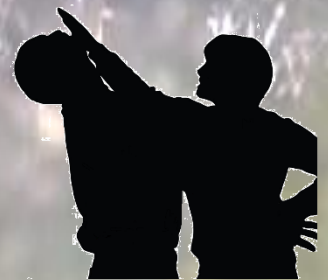
# SELF DEFENSE & AWARENESS SEMINAR



## Helping to create safe and confident communities

Our dedicated team at POW (Pursuit Of Wisdom) Martial Arts will help you learn simple, proven strategies to detect, assess and neutralise aggressive, threatening, violent or unwanted behaviour in a fun, safe & empowering 2 hour session.

- \* Use of the voice
- \* Build confidence
- \* Safety Awareness
- \* Saying NO
- \* Breathing techniques & Self Control
- \* Easy target strike points
- \* Who to turn to for help
- \* Learn simple, yet practical self-defence techniques
- \* Vital points training



## Saturday, 15<sup>th</sup> July 2017

### 12:00 pm – 2:00 PM

### Labrador Community and Youth Centre

### 57 Billington Street, Labrador

Open to all ages and abilities – no experience necessary  
Specialist clinics for Men & Women, Women only & Children only.

Bookings Essential

0468 477 951 OR email [info@powmartialarts.com.au](mailto:info@powmartialarts.com.au)