

in partnership with CITY OF GOLD COAST COUNCIL proudly presents

FREE SELF DEFENSE & AWARENESS SEMINAR

CITY OF
GOLDCOAST.

 **White Ribbon**
Australia

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 safe & empowering 2 hour session.

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



Saturday, 1st APRIL, 2017

10:00 am – 12:00 PM

Robina Community Centre Auditorium

196 Robina Town Centre Dr, Robina QLD 4226

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

