

THE BUSHIDO SCHOOL OF KARATE

Women's Self-Defense Workshop's

Women's Self-Defense Workshops are held at convenient times throughout the year at our training facilities in Putnam and Westchester Counties, N.Y. for the public and for corporate and private events.

The purpose of these workshops is to educate women about the facts concerning violent crimes against women and then teach and practice basic self-defense techniques.

Attendee's finish the workshop feeling exhilarated, empowered and more confident in their abilities to defend themselves and to identify an aggressor before an attack is perpetrated.

This is a great way to show your female employees that you care about their well-being! Longer lasting than flowers, healthier than chocolate and more appreciated than a luncheon – book your Women's Self-Defense Workshop today!

Inquiries for available dates can be made by phone or via the internet at www.BushidoKarate.com/WomensSelfDefense/html

Women's Self-Defense Workshops are held during the day, Monday through Friday.

Your choice of times are either 10:30 a.m. to 12:00 noon or 1:30 p.m. to 3:00 p.m.

Cost is \$25.00 per participant, minimum \$250.00

Groups of over 20 must be divided into separate dates and/or times

Once we have communicated with you and a date and time have been chosen, we will ask for a \$100.00 non-refundable deposit. When your deposit is received you will receive an Information Packet including confirmation, directions, waivers and suggestions for making the most of your scheduled workshop!

CHANGE YOUR MIND, CHANGE YOUR BODY
BUSHIDO KARATE

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