



## **LADIES “ONLY”**

# ***Sexual Assault Awareness & Prevention*** **“FREE Community Event”**

**Learning Self-Defense** begins with not thinking of yourself as a victim! Looking strong, alert, confident and healthy is the first line of defense against a violent or sexual assault. But if the unthinkable happens, recent events have **PROVEN** that fighting back **WORKS!** If it comes down to it, learn the system Law Enforcement agencies use to protect their Officers, that system is **Krav Maga**.

### **The Curriculum:**

- To recognize the warning signs of attack and avoid threatening situations before they become dangerous.
- How to avoid attackers by not looking like a victim.
- To use the power of your voice and body language (most confrontations and assaults can be stopped by a strong voice, good eye contact and body carriage)
- To find and utilize the *power* of your fear, not be paralyzed by it.
- ***And*** when all else fails, to protect yourself and your loved ones with *simple & effective* **FULL FORCE** techniques to the attacker’s vulnerable areas.

*“To me this course was a life saver. I can’t believe the sense of safety and empowerment I feel after just 3 hours of training! Thank you KMI STOP Defense!”*  
**Judy Smith, STOP Graduate**

**Sexual Assault**  
**Awareness & Prevention**  
**Sat October 20<sup>th</sup>, 2018**  
**12:00 – 1:30pm**



**Krav maga institute**  
2700 S. College, Ave #170  
Ft. Collins, Co 80525  
970-225-6655  
[www.kravmagacolorado.com](http://www.kravmagacolorado.com)