

# 12 hour course

THOUSAND WAVES MARTIAL ARTS & SELF-DEFENSE CENTER



## 2012 Spring Self-Defense Course

You will learn to:

- **STAND UP FOR YOURSELF**
- **RESOLVE CONFLICTS PEACEFULLY**
- **FEEL SAFER**

**April 10 - May 1, 2012**

- Runs 4 Tuesdays, 6:00p-9:00p
- \$140 for entire course (*women and teen girls only*)
- \$125 Early bird special discount if you register by March 20<sup>th</sup> 2012 *scholarship assistance available*

**Register online at: [www.thousandwaves.org](http://www.thousandwaves.org)**

or call: 773.472.7663

1220 W. Belmont Avenue, Chicago.



# think.yell.run.fight.tell