

Arizona Martial Arts Center Presents

# Women's Self Defense Classes!

**T**hink about all the women you know.

Now, consider that one of every five of them will be attacked or raped in their lifetime. You don't need to be convinced that it's a rough world out there.

Because you have decided to take this first step in your own survival, you have already increased the odds in your favor -- **dramatically**.

Women who resist are twice as likely to escape injury as others. One analysis of 3,000 actual assaults shows that **half of the attackers fled from a woman who is willing to resist!** The key, however, is to learn how to effectively resist.



## Beyond 'Common Sense' Self-Defense

**The Rape Escape women's self defense program is designed for the real world.**

This course is not the same old tired information you already know like "walk with confidence or don't go to the ATM late at night". Nor does it contain the ineffective advice like, "poke him in the eyes and run".

Rape Escape has been designed to offer the best and most effective self-defense techniques for the average woman in realistic sexual assault situations. The average woman can reasonably expect to defend herself against the most common and probable attacks after learning and practicing the techniques presented.

Rape Escape discourages techniques like eye gouging or fighting that prompts or enables the bad guy to hit back. If you try to fight the guy like a man would, the guy is going to win. So that's why our motto is **Fight Like a Girl!**

*I want to thank you for the wonderful class on Sunday. I went home exhausted and feeling so much better knowing I knew so much more than I had a few hours earlier. All women and young girls should have this class. So I am sort of taking it upon myself to tell as many women as I can about your class. " Rape Escape Graduate*

**Date: Saturday's-- September 23, October 7, October 21**

**Time: 1pm-4pm**

**Place: Arizona Martial Arts Center**

**Appropriate for ages 12+**

**\*Classes for Women only.**

**Contact: Andrea Lore 480.495.7610 or [amazonhealth@cox.net](mailto:amazonhealth@cox.net)**

**for more information or to register!**