

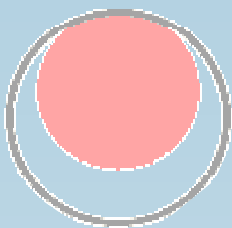
STARTS JANUARY 20 2007

# JAPAN SHOTOKAN KARATE

FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

AFFILIATED WITH THE

DEUTSCHE KARATE VERBAND



## Women's Self-Defense Class

### About the Hoitsugan's Women's Self Defense

HK Self defense training is not about second guessing ourselves. It's about acquiring new information we can use now and in the future. The Hoitsugan-Kyokai Women's Self-defense program is taught by experienced karate instructors who are dedicated to empowering women by enabling them to experience the options, tools and resources with which they can protect themselves and work to create change for the next generation.

This Self-defense course is designed to prevent you from becoming a victim. In this course, you will learn:

- Sexual assault prevention tips
- Real world techniques and skills application

### INSTRUCTIONAL OBJECTIVE:

"To develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked."

**This course is limited to 12 students at a time so sign up early.** (call or email to sign up early)



### TRAINING INFORMATION:

The Funakoshi Shotokan Karate (JSK-FSKA Hoitsugan-Kyokai) training is offered at St David's Community hall, 2nd floor/ Schulstrasse 4A, 66877 Ramstein

### TRAINING TIMES:

General Class                      Saturdays                      1100-1230

**Cost:** (Registration fees 40 Euro includes Club T-Shirt/book)

**25.00 Euro /Month**

**MOM and Daughter Program (45/Month)**



For more information call about the program contact Dutch Farinas, SenseiDK0076@Yahoo.co.UK/ 06374-991636, leave a message)

**FIRST COURSE STARTS JANUARY 20 2007**