



WHAT WOULD YOU DO?

Unfortunately, our city's crime problem has reached catastrophic proportions. And while buying a gun might give you peace of mind, unless you're prepared to pull the trigger, you could make a bad situation worse. So, what are the alternatives? Learn some self-preservation tips and tactics from Tim Mousel in a detailed extensive course.

DON'T WAIT UNTIL IT'S TOO LATE! PREPARE YOURSELF!

Sunday, March 1st

- Strategies to trick your attacker, How to avoid a violent confrontation, Four options when confronted, Primary and Secondary Targets, Assertiveness and Mental Strategies
- Defense against the most common strikes, How to escape the most common grabs and holds—headlocks, chokes, hair pulls, etc..
- The Ground Attack—escape when someone is on top of you, imagine a 200 pound attacker pinning you on your back...learn how to escape safely, Extensive training about survival on the ground.

This special course is fun, easy to learn and good exercise. Not to mention that it will help you defend yourself. So, do yourself a favor. Sign up for Tim Mousel's Self-Protection Course. Because only a fool goes into battle unarmed.

Time: 12:00 pm – 2:00 pm

Location: The Downtown Fitness Center, 806 Main, Suite 701, Houston, TX 77002 (corner of Main and Rusk)

Fee: \$35 (think of it as inexpensive life insurance!) Pre-registration is required.

Additional Info: Contact Tim Mousel at 832-654-3819 (cell) for additional information.

www.Womens-Self-Defense.org