

Defending yourself from violent assault - how to not be a victim

Learning self-defense is not just about learning how to block a punch, and kick and punch an attacker. Self-defense begins by avoiding victim thinking and attitudes. Attackers choose their victims the way predators choose their prey. They always go after the sick, isolated, young or old because they are an easy kill. If you maintain a strong, alert and healthy appearance and mindset, you have a much better chance of being left alone.

Learn:

- *Training in a reality-based self defense system such as Krav Maga is a great way to quickly and effectively increase your confidence and self-esteem and give you the skills to back it up
- * Learn how to get "that look" that says "I will not be a victim!"
- *The top 5 reasons to learn to defend yourself
- *Why most martial arts training will get you killed in a real life or death self defense situation



Women In Networking

Speaker: Mark Blake

Owner and senior instructor of
Krav Maga Self Defense & Fitness

Women In Networking Business Luncheon Non-chamber members welcome

Thursday, August 12, 2010

11:15am - 1:00pm

Clackamas Banquet & Catering Center

15815 SE 82nd Drive in Clackamas

RESERVATIONS REQUIRED

by Tuesday, August 10

Includes: lunch, beverage and gratuity

No refunds will be made within three business days of the event, due to meal and space considerations. All reservations should be paid in advance.

Sponsored by:



Take Shape For Life, Kim Trehwella

Members -

\$15 through August 10

\$20 after August 10

Non-Members

\$25 through August 10

\$30 after August 10



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