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# STREET DEFENSE FOR WOMEN

Teaching What Matters!

Must be in High School!



## What is Street Defense for Women?

Street Defense for Women is a special program that teaches practical, easy-to-learn self-defense strategies based on real life situations.

This informational, useful and fun program will introduce you to the Core Strategies System used by Robinson's Karate and give you immediate, practical knowledge.

Come learn how Paula S. frightened away an attacker without using physical force. Discover how you can protect yourself against a much larger and stronger opponent. This class is appropriate for women of all fitness levels. No experience necessary.

### Topics Covered:

- Avoiding dangerous situations
- Stand-up Confrontations
- One-on-One Scenarios
- Ground Fighting
- Verbal Self-Defense
- Psychological Preparedness and...

**MUCH MORE!**



**STEVE ROBINSON**  
Senior Instructor



**PATRICK MALONEY, Ph.D.**  
Licensed Psychologist  
Program Consultant



Serving St. Louis Since 1992

## Street Defense 101 for Women and more! Get Empowered!

### Option #1

**Saturdays**

10:45am-Noon (1x seminar)

**\$39** per person

Must pre-register!

### Option #2

**Your Entire Group**

(Our Place or Yours)

**\$138**

### Option #3

**4 Private Lessons**

Wear sweat pants and T-shirt!

**\$160**

Call 314-849-6660 today!

## Women's Self-Defense

"Don't take anything for granted, especially your safety. **Street Defense** is a great way to learn skills you hope you never need, yet brings comfort in knowing you have ... just in case.

I enjoy **Street Defense** because it brings women together to talk about something we address with our children, but not necessarily ourselves ... and that's our safety. do not take for granted the quiet street or low-key mall parking lot ... there is no such thing. Come to class, learn a few skills and keep practicing them: and for the record, you can't get better than these guys."

— Kellie Jones

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**314.849.6660**

Rev. 6/2/24