

# ADULT SELF DEFENSE TRAINING

## ADULT

### Self Defense Training

### Date: July 17 Saturday

### Time: 2PM to 5PM

### Cost: \$79 *Special*

### Minimum ages 18

Attendee is required to wear comfortable or loose workout clothing and comfortable running- or tennis-type sneakers.

#### Self Defense... -learn it now

One of the most effective self defense systems in the world. Techniques that will deliver the highest amount of force that the body can deliver on target when you need it. Learn Practice and demonstrate skills in a continuous manner. Hard style self defense taught throughout the world of martial arts.

#### Personal Protection... -it's a lifesaver

One of the most effective non-deadly force system in the world. In thousands of street-tested circumstances where justifiable force was needed, CDT has been effectively employed without a single permanent injury to any person. Furthermore, no court of law has ever found someone using this method justifiably to be liable. Tens of thousands of professionals from all walks of life such as law enforcement, security personnel, military, doctors, nurses, teachers, lawyers, airline personnel and everyday families have successfully learned to protect themselves.



Register online at:  
[www.manna.us/selfdefense](http://www.manna.us/selfdefense)  
or at Manna's Martial Arts

12285B World Trade Drive - San Diego, CA 92128  
Phone: 858.487.6470 Fax: 858-673-4137



- What will be covered:
- The difference between self defense and personal protection
  - The difference between a Bad Situation and a Bad Guy
  - Personal Protection Techniques and Awareness
  - Self Defense Techniques
  - Weapon Disarm
  - Introduction to Family Safety



Other Programs



**ADULT  
SELF DEFENSE  
MAY 1**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I indicate that I have read and agree by participating in this Self Defense Workshop that I or my teen may risk bodily injury and knowingly and freely assume all risk for myself and or my teen. I release and hold harmless and nor hold legally responsible the MANNA'S with respect to any injury except that which results from negligence or willful misconduct. I have been made aware of the safety rules of the Self Defense Training. Initial Here: \_\_\_\_\_

