

First Annual Triangle Women's Self Defense Conference



Four of the best women's self defense programs in the region will be coming together on Saturday, April 20 to hold the first ever TWSD Conference.

Topics covered will include:

- **Krav Maga Raleigh** teaching escapes from grabs
- **NC Systema** teaching strikes
- **Apex Ki Do Kwan** teaching verbal protection skills
- **BWSD** teaching groundfighting

The conference will be for women only and focused on the threats and strengths specific to females in our society.

This is a unique chance to train with not *one* but *four* amazing programs in a single location. The conference will run from 9am-6pm with a one hour break for lunch. The cost of all 8 hours of training is only \$80 per student. All proceeds from the class (after covering operating costs) will be donated the Interact of Wake County. Scholarships are available.

To sign up or for more information please contact Chip at bushidowsd@hotmail.com