

THE BRAVE WAY SELF-DEFENSE TRAINING

Sponsored by Catherine Hunter & Associates
755 Ela Road Lake Zurich, IL. <http://www.catherinehunterassoc.com>

MAY 29 7-9 p.m. Youth/Adults - \$40
June 19 7-9 p.m. Coed Students H.S./College - \$15

To Register contact: Catherine Hunter, LCSW or Sheryl Johnson, LCPC (847) 550-0395

Licensed Clinical Professionals from Catherine Hunter & Associates trained in Trauma and trigger responses will accompany The Brave Way Instructors to assist with the training.

This class *Could* Save Your LIFE ... So EASY to Learn



What is The Brave Way Program...

- **An effective self-defense system** based on instinctive principles that are **easy to learn in just 2 hours**.
- Brave Way techniques work regardless of your size, strength, speed, experience or physical ability.

What will students learn...

- How to defend against grabs, chokes, punches, kicks & more from both single/multiple attackers.
- Effective **Rape defense & prevention** techniques as well as **Gun and Knife defenses**.
- Not a "Stranger Danger" lecture, participants will **Learn Actual Principles & Techniques**.
- **Personal Safety** advice to help you anticipate and avoid hostile or violent situations.
- How to quickly make a plan of action if you feel threatened.
- Upon completion of The Brave Way program, participants will possess the confidence and techniques necessary to help them properly defend themselves and protect others.

What we will provide...

- **Brave Way Instructors** have **Multiple Advanced Martial Arts**, Security & Military backgrounds.
- **Demos and Hands-On Instruction** will guide you while you learn the techniques.

History of Brave Way...

- **Brave Way** was originally **Certified by State of Illinois** to teach law enforcement officers. The program was modified to teach individuals personal safety and self-defense.
- **Brave Way has been taught** at multiple area High schools, College of Lake County's Criminal Justice Institute, Continuing Education Departments, Park Districts, Churches, Synagogues & Private Corporations

Did you know...

- **One out of 4 college girls will be sexually assaulted** before they graduate.
- **One out of 6 women will be the victim** of an attempted or completed rape in her lifetime.
- In 8 out of 10 rapes **no weapon is used** other than physical force.

** Statistics provided by National Institute of Justice & Centers for Disease Control & Prevention, U.S. Department of Justice.*

This class is Affordable, Effective, Personalized, Practical Self-Defense Training

The Class is for Youth, Teens & Adults ages 8-80 (Ages 8-11 must take class with an adult)

Don't wait until it's too late...SIGN UP NOW!

The Brave Way LLC · 26151 N Oak Avenue · Mundelein, IL 60060 · 224-778-5182 · www.thebraveway.com