



**Shaolin Kung Fu Studios**  
3661 Horseblock Rd, Suite J  
Medford, NY 11763 [www.NotKarate.com](http://www.NotKarate.com)

## Self Defense Seminar

Duration: 2.5 Hours

### Seminar Topics:

- Legality and statistics of self defense.
- Levels of self defense including:
  - Mindful awareness
  - Modification of environment
  - Verbal assertiveness
  - Physical posture
  - Basic protective techniques
- Dealing with the emotional component:
  - Is it my fault?
  - Can I bring myself to hit somebody?
  - I'm scared...
- Tools of the trade.  
(everyday items that can be used for self defense)

### Format:

- Lesson portion.
- Interactive role playing.
- Learning and application of basic blocking moving, striking, grab releases, etc.

Certification upon successful completion.