

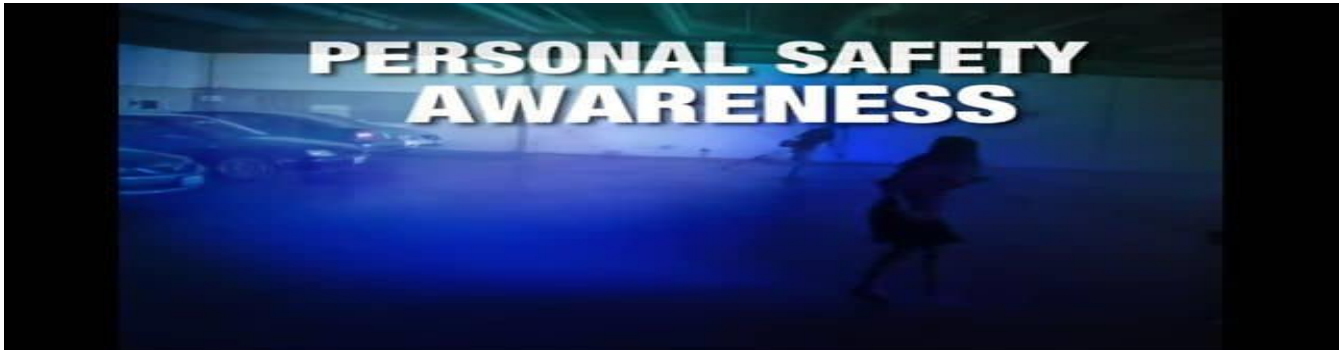
## Self Defense Seminar

**Saturday, September 21, 2019 1pm-3pm**

Manchester PAL Center, 642 Hilliard St. Manchester  
Questions? Call Mrs. Sherry Duvall (860) 869-8189

REGISTER ONLINE AT:

<http://www.manchesterctpal.org/seminars.html>



Could you neutralize an attacker successfully in an instant? This is the real deal, no holds barred!

**What you will learn:** (Throws, strikes and blocks, choke holds and escapes, standing and ground defenses, body movement awareness, self-confidence and control.)

- How to fight back and win!
- Learn what predators look for in a victim and how not to appear as one.
- Recognize the importance of awareness.
- Learn simple and effective techniques to protect yourself in assault attacks in real life situations.
- Discover how to disrupt an attacker's balance, both physically and mentally.
- Learn how to escape common attacks utilized most frequently by bad guys.
- Decipher which targets to use to help ensure your escape and safety.

**Experience:** No experience necessary. This is a 2-hour seminar designed to familiarize you with techniques that could save your or someone else's life in a moments' notice. Your participation is required.

**Attire:** Please dress comfortably and wear loose workout attire.

**Instructor:**

Grand Master Stanley Nowak, 7<sup>th</sup> degree Taekwondo black belt with 40+ years of experience under the direction of Grand Master Moo Yong Lee and 6 years of Shotokan Karate and Kung Fu experience. Grand Master Nowak is a certified instructor, referee, regional coach and an active member of the United States Taekwondo Instructors Union (USTIU).