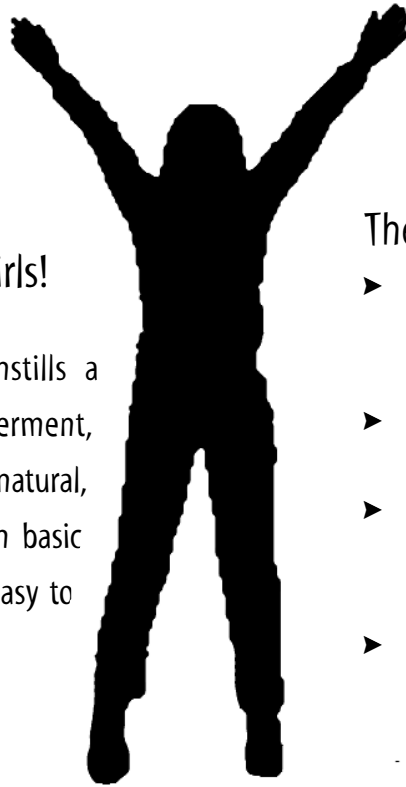


HEAR YOUR VOICE, FIND YOUR STRENGTH, BECOME EMPOWERED!

A Self Defense class
designed for women and girls!

EMPOWER and EMPOWER Junior's instills a lifestyle of safe living and empowerment, encouraging women & girls to find their natural, instinctual intuition. Gals will also learn basic physical techniques that are practical, easy to remember and easy to perform.



The Facts are..

- ▶ Every Type of women is a potential victim, whether married, single, young or old.
- ▶ Somewhere in America, on average, a women is raped every two minutes.
- ▶ You leave your comfort zone at some point in your life--be prepared to avoid being a victim.
- ▶ You don't have to be physically fit to learn Self Defense!

Mini-Sessions are 2 hours long and include a combination of discussion and techniques.
Participants do not have to be physically fit to participate!

Prices: (prices include class materials)

Number of Participants	At The Edge	At Your Location
5 (Min) to 9	\$35 ea.	\$40
10 to 15	\$25	\$30
16 to 24	\$20	\$25
25 +	\$18	\$23

A Note on Class Numbers:

For Groups of 25 participants or more, we suggest breaking the group in to two separate sessions.

Let us design a program for
your private group
or organization!
Call for more information.

What Types of Groups are Becoming EMPOWERED?

Fitness Clubs
Book Clubs
Work Groups
Family/Friend Groups
Girl Scout Troops

Frequent Travelers
College Groups
Dance Teams
Performance Troops
Real Estate Agent Offices



The Edge Martial Arts
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