

# GRACIE JIU-JITSU BALANCE ACADEMY

Presents:

## WOMEN'S SELF-DEFENSE FREE WORKSHOP

### DID YOU KNOW?

**Did you know that Gracie Jiu-Jitsu is a fantastic way for a woman to be armed, even when she's unarmed?**

**Gracie Jiu-Jitsu is the only martial art in the world that has been consistently proven to allow a smaller person to survive a violent encounter with a larger attacker.**

Our **FREE** workshop will focus on some of the most common attacks perpetrated against women with simple solutions to survive and escape.

**SATURDAY FEBRUARY 27, 2016**

**10:00 AM TO 12:00 NOON**

**Athletic wear recommended. No Shorts Please!**

- You will learn awareness principles you can use to avoid being a victim of a violent attack.
- You will learn leverage based techniques that work regardless of size, age, or athletic ability.
- You will learn the proper survival strategy for a smaller person to use to defend themselves from a much larger person.

**LIMITED SPACE  
RESERVE YOUR SPOT TODAY!**

**(404) 917-4400**

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**LIFE'S A FIGHT, BE READY!**

