Women United Forward (WUF)

Teenage Girl Self Defense Training Program- Forums

Self Defense & Leadership Training For Real Life Situations

*~Community Advisory~*

In a global society, consumed with peer pressure, bullying, physical assaults, harassment and violence- girls/ young ladies- need the skills, knowledge, emotional development and self-mastery to protect themselves, at all times as well as properly assess their environment, social peer groups and surroundings.

Women United Forward (WUF) Teenage Girl Self Defense Training Program- Forum, is a 12 course curriculum that teaches teenage girls- 13 to 19 years old- Kick Boxing and Tae Kwon Do- self-defense training and physical mastery. Empowering teenage girls and helping them to develop: mentally, emotionally and physically is paramount. Hence, Women United Forward (WUF) Teenage Girl Self Defense Training Program curriculum is designed to instill self-mastery, self-awareness, self- value, self-confidence and leadership skills within teenage girls.

Women United Forward (WUF) Teenage Girl Self Defense Training Program, is a real world self-defense coaching module- formatted around functional-effective-everyday- applicable, self-defense martial arts. Therefore, empowering girls to love themselves, evolve into leaders and reach their full potential. In addition, Women United Forward (WUF) Teenage Girl Self Defense Training Program-Forums, facilitates leadership and personal development coaching, mentorship and training- presented by organizational leaders, who openly share their experiences, knowledge and success strategies- as a pathway to help teenage girls, reach their full potential.

Women United Forward (WUF) Teenage Girl Self Defense Training Program- Forums are FREE for teenage girls and is a positively life changing experience. To register your daughter for Women United Forward (WUF) Teenage Girl Self Defense Training Program- Forum, please view the information below and follow the instructions.

**About Women United Forward (WUF)**

Women United Forward (WUF) is a grassroots outreach initiative, working and advocating to end women/ girls, abuse, violence and discrimination and promoting women/ girls safety, protection, well-being, success and protection.

About Ultimate Academy of Martial Arts/ Sensei Eddy Movilla

Ultimate Academy of Martial Arts has become a landmark of Miami martial arts. With a focus on creating a positive, safe, injury-free training environment. Ultimate Academy of Martial Arts has earned the reputation in Miami- as being a leading Taekwondo & Krav Maga school and skill development center in the Miami area.

Women United Forward (WUF) Teenage Girl Self Defense Training Program- Forum.

SPACE IS LIMITED. Register Your Teen Daughter Today!

Saturday: July 28th, 2018

10:00 a.m. – 1:00 p.m.

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Ultimate Academy of Martial Arts

13350 SW 131st Street, Unit 108 Miami, Florida 33186

Instructor: Sensei Eddy Movilla

To Register Your Teen Girl For: Women United Forward (WUF) Teenage Girl Self Defense Training Program- Forum:

* Send An RSVP Registration Email To: Events@WomenUnitedForward.org
* Include In Your RSVP Email Registration: Parents Full Name- Phone #- & Email. Your Teen Daughter’s Full Name- Phone #- Email- Age- City- & School Name
* Please Place In The Email Subject Area: RSVP Teen Self Defense Program
* Once WUF Receives Your RSVP Email Registration, We Will Send You A Registration Confirmation Email. Remember Space Is Limited For This Program.

Contact

Women United Forward (WUF)

Phone:

(561) 868-2021

Email:

Events@WomenUnitedForward.org

Website:

WomenUnitedForward.org