



**REAL WORLD
SELF-DEFENSE
and
INTERNAL MARTIAL ARTS**



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PROJECT MICAH 6:8 **SELF-DEFENSE WORKSHOP FUNDRAISER**

Join us in learning more about Project Micah 6:8's mission and Human Sex Trafficking while learning the basics of self-defense and awareness.

This fundraiser will raise funds for Project Micah 6:8's next endeavor.
Teens and Adults Only

Subject Matter

Mindset and awareness are the critical foundation of all self-defense and personal protection. This course will focus on how an average person can comfortably integrate awareness and the proper mindset into daily life, and teach simple life-saving skills for when all else fails. Keep yourself and your loved ones safe without becoming paranoid or afraid. This course will cover intuitive awareness strategy, criminal behavior, attack avoidance, survival motivation, overcoming erroneous beliefs, preventing cognitive dissonance, physiological awareness in high stress situations, and basic self-defense strategy and physical skills.

Workshop Date, Time & Location

Saturday, May 12
1:00 p.m. – 3:00 p.m.
C's Kenpo Karate Studio
9793 Glades Road
Boca Raton, FL 33434

Directly behind Best Buy. Turn in at Einsteins Bagels on Glades Road, and we are 300 yards up on the left. Sign beside door says "Karate". Wear sneakers and clothes you can move in.

Course Cost

Tickets are just \$25, but if you bring a friend it will be \$20 each. Spread the word!

Course Instructor

Ari Kandel is a 4th Degree Black Belt and has been teaching martial arts and self-defense for over twenty years. He has taught armed and unarmed combat and defensive tactics to military and law enforcement personnel, as well as private citizens in nine states. He has conducted self-defense programs for Girl Scout Troops and university organizations, and was a periodic guest instructor at the New York State Zone 4 Police Academy. He has authored over 100 published articles on self-defense and martial arts, including several for Black Belt Magazine.