

Fishhawk Martial Arts Academy
Mushin No Shin Aiki Jujutsu Do



Integrated Women's Self-Defense Course ©

FHMAA is conducting a

INTEGRATED WOMEN'S SELF-DEFENSE
course (IWSC) ©



The Kubotan is pictured above. Each student will receive a Kubotan.

*This course is for **adult and adolescent females** and is specialized in its approach to the true nature of women's self-defense. The course is conducted in the actual attack environment as a guide to fully prepare the defender's mind.*

*The **IWSC** covers critical thinking, regarding defensive strategies, assertiveness, powerful communication skills, the use of the Kubotan as a self-defense weapon, and easy to remember combative techniques.*

*Most women's self-defense classes are designed around teaching physical techniques only. This course consists of **2 or 4 hour** programs. The 4 hour program includes defensive application of **Kubotan, ground defense techniques, & defense against grabs.***

*The IWSC is taught by internationally certified martial arts instructors who are former **U.S. Special Operations** and current **Law Enforcement Officers.***

Call Fishhawk Martial Arts Academy's Business Manager today!!!
(813) 315-9894 or just come in to register

