

# Women's Self-Defense Workshop

Presented by Gayle Nielsen

of Bujinkan Tadashii Ki Dojo

**Topics:**

Women's Self-Defense - Women Only

**When:**

Saturday, March 6, 2010

**Where:**

Bujinkan Tadashii Ki Dojo  
Perfect Spirit Studio  
Westby, WI (directions when registering)

**Time:** 10-noon

**Cost:**

\$20 each or  
\$30 for two registering together

Our contact based training simulates some of the potentially dangerous situations in which a woman may find herself.

This class is focused on teaching only those techniques, and the necessary mindset, that will help keep you safe in various situations.

Perfect for young women going away to college, women who travel for their career, or those who want to feel confident and safe in their homes and daily life. You will practice these techniques on real people, so be prepared to move.

Bring a friend  
You each save \$\$



**Comfortable clothing recommended!**

**No street shoes - bare feet or clean, soft soled shoes only**

**For more info contact Gayle at [gayle@perfectspirit.com](mailto:gayle@perfectspirit.com)**

**Or call 608.386.7403**