

Women's Self Defense Workshop

Saturday, July 11 | 4 - 6 p.m. | Energia Wellness Studio

3836 Flatiron Loop, Suite 101 | Wesley Chapel, FL 33544 | 813-973-7300

Don't be
a victim

YOU WILL LEARN

- What predators look for in a victim and how to avoid looking like a victim
- The importance of awareness
- Disrupting an attacker's balance physically, mentally and spiritually
- How to escape common attacks that are utilized most frequently by the "bad guys"
- Which targets to use to help ensure your escape and safety

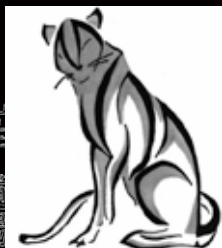
**\$40 per person
or \$60 for 2!**

Friends Haw Kor, Chris Gayle,
Shihan Duncan Stewart, John
Giancarlo and Laura Giancarlo



About the Instructors

John Giancarlo is an experienced martial arts practitioner and master level instructor with over thirty seven years experience. He holds black belts in several martial arts systems including Bujinkan Ninjutsu, To Shin Do, Matsumura Seito Shorin Ryu, and Tae Kwon Do. John is also a practicing massage and Acupressure therapist in the New Tampa and Wesley Chapel area. **Laura Giancarlo** has been a practitioner and master level instructor of several martial arts for the last twenty nine years. She has earned black belt ranks in Bujinkan Ninjutsu, To Shin Do, Matsumura Shorin Ryu, and Tae Kwon Do as well. Laura has been enjoying a long career teaching middle school in the Pasco area.



Kensho Dojo

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813-495-0112

KajiHarmonizingTherapies.com

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