

Po Chi Lam Training Center

Self-Defense Seminars & Fundraiser

What is Self-Defense?

Self-defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully prevent, escape, resist and survive violent assaults. A good self-defense course provides psychological awareness and verbal skills, not just physical training.

What is a "Fight Like A Girl" Workshop?

This is a 2-hour program, emphasizing physical self-defense techniques for women. Women can and do resist assault attempts successfully. There are three times as many attempts as completed rapes. Participants will learn how to disable an assailant in order to get away. The techniques taught are very simple and effective and are based on striking vulnerable target areas.

Why Self-Defense Training?

Self-Defense is more than knowing how to fight back against a physical attack. Participation in self-defense classes encourages you to think in terms of options and choices, develops your awareness and assertiveness skills and provides practice for physical self-defense techniques.

When: Session 1 – April 11th, 2009 or Session 2 – April 25th, 2009

Cost: \$25 / Session (per person)

Where: **Po Chi Lam Training Center, Inc.,**
7504 Pembroke Road, Miramar, Florida 33023

This event will raise funds for St. Jude Children's Research Hospital®, the premier center for the research and treatment of childhood cancer and other deadly diseases.

"St. Jude is the leader in the fight against catastrophic childhood diseases such as leukemia, brain tumors and sickle cell disease. Through events like this Martial Arts for St. Jude, we can help support the St. Jude mission of finding cures and saving children from across the country and around the world."

The Self Defense sessions will begin at 10:00 a.m. and end at 12:00 p.m.

Anyone may participate in either class for a \$25 donation. Participants are encouraged to bring their family and friends to the event.

The event offers a great way to learn new skills while helping some of the sickest children in the world.

For more information or to participate, contact Arturo at:

954-536-4645 or 954-893-6787.

You may also register online at: ww.williamsptc.com/selfdefense



PO CHI LAM TRAINING CENTER, INC.

7504 PEMBROKE ROAD
MIRAMAR, FL 33023
954-893-6787

www.WilliamsPTC.com

F.L.A.G. Self-Defense Registration Form

A. CONTACT INFORMATION

Last Name	First	Birth Date	Age
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Mailing Address	City	State	Zip
Contact Numbers	Home ()	Work Phone ()	
E-mail Address			

B. EMERGENCY CONTACT INFORMATION - *In case of an emergency, the following person should be contacted:*

Contact Name: _____	Relation: _____
Address: _____	City: _____ Zip Code: _____
Phone: (day) _____	(evening) _____

C. PAYMENT INFORMATION –

If paying by check, please include seminar date you are registering for. Most Major Credit Card and Debit Cards accepted.

Registration Fee – =\$ _____



This event is part of the Martial Arts for St. Jude Program. The event will raise funds for St. Jude Children's Research Hospital, the premier center for the research and treatment of childhood cancer and other deadly diseases.

The event offers a great way to learn new skills while helping some of the sickest children in the world. We thank you for your support!

D. WAIVER AND RELEASE–

INITIAL _____

I recognize that I am enrolling in classes at the Po Chi Lam Training Center, Inc. ("the Center"), a martial arts learning facility, and the primary focus of these classes is for instruction in personal self-defense and protection methods using modern and traditional martial arts techniques.

I understand that the training, instruction, and/or lessons provided by "the Center" will involve light physical activity and some physical contact with other students may be required. I understand that "the Center" takes reasonable care to prevent accidents and minimize injuries.

Signature

Date

Guardian Signature

Date

What You Will Learn in a “Fight Like A Girl” Self-Defense Workshop:

With our **2-Hour Session Self-Defense program**, you'll learn to:

- Use your opponent's power against him
- Punch and kick more powerfully and efficiently
- Use your elbows and knees as a weapon
- Move effectively to avoid getting hit
- Escape from a grasp or choke hold

Our self-defense program combines the beauty and sophistication of Asian philosophy with the power, determination and focus of western culture. Because of our approach and training, it is fairly simple to apply the skills learned in class to realistic situations on the street.



The overall simplicity is evident by the number of practical techniques involved in learning our self-defense system.

In a real self-defense situation, rules of fairness don't exist.

Consequently, F.L.A.G. focuses on the importance of training that is comprehensive, yet simple, and acknowledges all five distances that are part of a fighting situation:

1. Fighting with Your Feet
2. Fighting with Your Hands
3. Fighting with Your Knees and Elbows
4. Fighting Against a Wrestler/Grappler
5. Fighting from the Ground

You Will Sweat! Wear loose, comfortable clothing and athletic shoes.

Space is Limited - Register Early.

When: Saturday, April 11, 2009 from 10AM - 12 PM (Session I)

Saturday, April 25, 2009 from 10AM - 12 PM (Session II)

Where: Po Chi Lam Training Center, Inc.
7504 Pembroke Road – Miramar, 33023

Cost: \$25 per person ages 13 to adult. **Workbook/Handouts provided.**

Register: Call the Training Center at: 954-893-6787 or online @ www.williamsptc.com/selfdefense