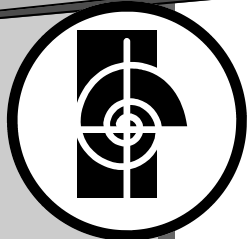


*Learn How To Be
Safe From
Attack!!*

***Women's
Self-Defense
Seminar***



**Don't
be a
target!**

**Thursday,
July 26, 2007**

**6:30 - 8:30 p.m.
AT POWER BLACK
BELT ACADEMY
1350 S. Clearview
Ave., #101
Mesa, AZ 85209
(480) 380-0404**

Learn your best defense!

Presented by Susan McFarland

5th Degree Black Belt, Owner & Instructor

Power Black Belt Academy

At the NW Corner of Clearview & Hampton

Near US 60 Freeway, 1/2 mile east of Superstition Springs Mall

(480) 380-0404

Name _____ Phone _____

Address _____

City _____ Zip _____

How did you hear about the seminar? _____

Would you be interested in receiving information on future seminars? _____

Seminar Cost \$29.00 at the door or register ahead. (\$5.00 discount if you bring a friend.)

Self-Defense for Women

Learn how to be safe in your home, as you shop and go to work.

Raise your level of awareness as we discuss official police statistics which profile rapists and assailants.

“Rape is not a sexually motivated crime – it is an act of aggression.”

Many women carry Pepper Spray in their purse or on a key chain; yet, how many of them even know how to unlock the trigger mechanism? How many of them have tried out the weapon upon which they have

Susan McFarland is a 5th degree Black Belt and certified instructor with the American Taekwondo Association. She has been practicing Taekwondo for seventeen years and teaching self-defense courses for over fifteen years. Over the years, she has taught Taekwondo and Self Defense to thousands of students, both men and women. Susan has also taught specialized Women’s Self Defense courses to hundreds of women and has often taught in conjunction with police officers.

In addition, Susan is a certified weapons instructor, with numerous weapons, as well as being trained in advanced hand-to-hand self-defense tactics. Her credentials also include accreditation as a PPCT Management Systems’ Sexual Harassment and Rape Prevention Instructor.

Recently, Susan ,and her Instructor Master Michelle Landgren-Lee, were featured and interviewed as Self-Defense Experts on the ***Geraldo at Large*** television show in a segment concerning Phoenix and East Valley community responses (including martial arts and self-defense training) to the “Baseline Rapist” threat.

Two out of every three women will experience an assault during their lifetime.



Susan McFarland

