

Women Only Self Defense Seminar

Hosted at Xtreme Fitness and Sponsored by Coach Z Training.com

Don't Be A Victim, Defend Yourself!

Taught by Self Defense Expert Coach David Alexander

Every 2 Minutes, Someone in the U.S. is Sexually Assaulted.

Here's the math. According to the U.S. Department of Justice's National Crime Victimization Survey --there is an average of **207,754** victims (age 12 or older) of rape and sexual assault each year.



YOU DON'T NEED TO KNOW MARTIAL ARTS TO DEFEND YOURSELF!

Learn the "SECRET" to Real Self Defense! This "SECRET" allows a person of any size, shape or age to survive an attack from a larger and stronger attacker!

"My system is the ULTIMATE in 'self protection'. In my opinion there is NO OTHER system that is faster to learn and more effective than my B.E.T. Self Defense System!"
Coach David Alexander (Self Defense Expert)

**Do you want Unlimited Confidence? Do you want to FEAR NO ONE?
Attend this Life Saving Seminar and YOU WILL HAVE IT!**

**This is going to be a Myth Busting, Truth Telling,
In Your Face, No-Nonsense, Can't Miss, Life Changing Seminar!**

WARNING! WARNING! WARNING!

This class contains adult situations, violent scenarios and language. This class is very intense (mentally, not physically) and you'll hear things that might make you uncomfortable. I will tell you the TRUTH about bad people and violence. I will not sugar coat my statements or answers to your questions, because that would not be fair to you or your loved ones.

Sign up and pay at the Front Desk. Limited Spots Available! Participation Required. Dress Comfortable. For more info contact Coach David Alexander at coachalexander @ gmail.com

Date: Monday, June 18, 2012 Time: 5:30pm-7:00pm

Cost: \$10 for members and \$20 for non-members

Location: Xtreme Fitness, 68 Salt Springs Dr., Friday Harbor, WA

"When you're in a fight for your life, you better know how to win!"

Coach David Alexander
(Self Defense Expert)

Coach Z Training.com