

Defensive Tactics and Tips for home, work, families and travel  
*"You will discover which tactics are specifically Best for You."*

# **Full-Force Self Defense<sup>®</sup> for Women**

## **Level 2 Workshop**

### **Close-Quarter Combat / Padded Attacker Scenarios**

**Date:** Saturday, October 31, 2009

**Time:** 2:00 – 6:00 pm

The focus of this workshop will be on Close-Quarter Combat (CQC), an attack where you are grabbed by an assailant. Defensive Tactics will include how to stay on your feet and not be taken down, and how to escape from an abduction attempt.

You will learn:

- How to safely fall.
- How to escape from a Bear Hug (a grab around your waist), a Hair grab, and Headlock attack.
- How to NOT be taken down to the ground if tackled.
- How to throw Full-Force elbow and knee strikes.
- There will be two Scenarios against a fully-padded attacker whom you will be able to hit with Full Force.

**All drills will be personalized to your fitness and energy level.  
These Self-Defense Tactics are powerful and easy to learn.**

**\$65 per person. Pre-registration is required.**

**Limited to 10 participants only.**

This is an excellent, hands-on workshop for people that work at night, travel, or for your dating, or college-bound daughter!

**Maximum of 10 students. Ages 13 and older. Participant must have taken Level 1 workshop.**

This workshop is based on Self-Defense principles that are simple, powerful and effective. No prior training is necessary.

Mark Moy is the Head Instructor of Moy's Kung-Fu & Tai-Chi Academy in Vancouver, WA. Mr. Moy is also the Director of Self-Defense Professionals and has taught Martial Arts for over 20 years.

**Mark Moy's  
Kung-Fu & Tai-Chi Academy**

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