



PERSONAL SAFETY & SELF-DEFENSE WORKSHOP

IN PARTNERSHIP WITH THE CITY OF LONG BEACH, DEPARTMENT OF PARKS, RECREATION & MARINE

OVERVIEW

Most people believe it takes years to learn effective self-defense. Well, it doesn't. This personal safety workshop will empower you by giving you the skills and confidence you need to identify, avoid and survive crime by preparing you both mentally and physically. This training will present information in a clear, concise training format so you can walk out of class and immediately implement the self-defense training strategies you've learned.

This interactive workshop will help you develop the confident mindset needed to combat crime.

1. **AWARENESS:** We help you identify and recognize early warning signals which can greatly improve your chances of not being victimized.
2. **BOUNDARIES:** We help you develop verbal defense skills to ensure you take control of your personal space
3. **COMBAT:** We teach you hands-on simple, yet effective techniques, learning "where to strike and how to strike" using your natural speed and power to incapacitate an attacker.

PRESENTER

Master Instructor July Castro-Steinhorn

Master Instructor July Castro-Steinhorn, a 9th Degree Black Belt in Shaolin Kenpo Karate, has trained thousands of people in personal safety and self-defense and has over 35 years of training and experience. She delivers her training in a way to have the greatest impact on her student's lives, in a short amount of time.

Her remarkable ability to convey critical information in a non-threatening, easily digestible way has enabled her students to gain the mental awareness skills, and confidence to identify and avoid danger, as well as the foundational physical techniques necessary to defend themselves.

WAYS TO REGISTER

1. Visit: www.EmbassyConsultingServices.com/register
 - a. Under the list of upcoming classes, click on Personal Safety and Self-Defense Workshop, Friday, November 9, 2018 and chose the time you wish to attend.
 - b. Complete Booking Form and online payment information through PayPal.
 - c. Send an email to embassyysc@gmail.com or call 562-577-5874 to register and request to be invoiced or to pay by credit card.

- DATE -

Friday, November 9, 2018

- TIME -

12:30pm – 2:30pm
or
3:00pm – 5:00pm

- LOCATION -

El Dorado Park West
Community Center
2800 Studebaker Rd.
Long Beach, CA 90815
(Social Hall)

- TUITION -

\$30.00

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CREATING SAFE COMMUNITIES

562.577.5874