

# Be S.A.F.E. Women's Self Defense Class



**Learn what a predator is looking for in a victim and how to stop them**

**Learn how to develop your awareness to avoid a bad situation**

**How to escape awkward situations at business or professional environments**

**How to escape common attacks and how to discourage another attack**

**12 week course start at any time**

**Every Wednesday at 6 P.M.**

**Full course only \$170 \*\* Drop in class \$30**

Steaphen Fick has over 30 years of experience in European martial arts. The Be SAFE class started as a safety program for Realtors and how to maintain their safety at Open Houses and Listing Appointments. He has worked with martial artists from many different systems, and the Be SAFE program is based on a 600 year old Italian system.

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