

# The “WOMEN’S SELF-PROTECTION” Seminar

From the RAPID SKILL-BUILDING SEMINAR SERIES ©



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**Presented by:**

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Tom Garriga’s

TANG WEI MARTIAL ARTS INSTITUTE

Visiting from his home in Washington State for this exclusive Rapid Skill Building Seminar, Tom is one of the most respected and knowledgeable instructors in the martial arts world. Mr. Garriga has taught effective self-protection to men and women across the country. For additional information please go to our website at [www.tangwei-martialarts.com](http://www.tangwei-martialarts.com)

**Location:**

Country Inns and Suites

10499 South Jordan Gateway (west frontage road of the I-15 Freeway), Salt Lake City, Utah

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**Date and time:**

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FRIDAY, JANUARY 15<sup>TH</sup>, 2010

6:30 PM to 10:00 PM

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Training will focus on developing practical self-defense skills relating to crimes perpetrated against women.

These enabling skills sets include:

- Awareness Skills and Enabling Mindsets
  - Decision-making Paradigm
  - Avoidance, Defusing and Escape Models
  - Dealing with Armed and Unarmed Assaults
  - Dominating the Situation and Getting to Safety
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**Cost:**

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\$75.00 per person (\$60.00 for those repeating this course!)

Space is limited so please pre-register today.

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**Contact:**

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Tom Garriga to pre-register– Email: [tom@tomgarriga.com](mailto:tom@tomgarriga.com)

Telephone number: (801) 558-9435