

Intense Women's Self Defense Workshop

Saturday July 23 – 12pm-4pm

SAGE OF THE LIGHT, 1798 Roosevelt Trail, Naples, Maine

Cost: \$50 per person if pre-registered before July 1, 2011

\$75 if registered after July 1, 2011

14 years + (under 18 needs a female guardian present)

Instructor, Christopher Bashaw, soke, 8th degree black belt, BMAA

<http://bmaa.yolasite.com/>

Point of Contact: Greg Phillips, 207-693-3234

www.sageofthelight.com

Participants will experience hands on instruction against grabs, attacks, club and knife attacks, and defense against the classic rape posture.

One in 6 women and 1 in 33 men have experienced an attempted or completed rape.

Nearly 7.8 million women have been raped by an intimate partner at some point in their lives.

Sexual assault or forced sex occurs in approximately 40-45% of battering relationships.

1 in 12 women and 1 in 45 men have been stalked in their lifetime.

81% of women stalked by a current or former intimate partner are also physically assaulted by that partner; 31% are also sexually assaulted by that partner.

Do Not Become A Statistic!



Intense Women's Self Defense Workshop Work shop Registration Form

— Please copy this form as necessary.

Name _____ E-mail _____

Address _____ City _____

State _____ Zip _____ Phone (day) _____ (eve) _____

I hereby release Chris Bashaw, BMAA, SAGE of the LIGHT, Gregory Phillips, and all of their agents or employees from any and all injuries, accidents, and/or losses that may occur as a result of my participation at the above event. Furthermore, I waive any compensation whatsoever for the future use of pictures, movies, media coverage, etc. utilized by those associated with this event at any time.

SIGNATURE _____ DATE _____ \$ _____