

Core Self-Defense for Women

A Three Hour Seminar For Women 16 Years and Older That Will Give You The Mental and Physical Confidence To Respond To An Attack

**No experience required and all levels of physical ability welcome!
Limited participants per class to maximize personal instructor time**

Why You Should Participate

- Empower yourself with the knowledge and confidence to face any obstacle
- Understand your reactions in a high stress situation
- Improve your self esteem and approach to life
- Obtain knowledge to help others deter violence before it happens

You Will Learn and Experience

- Proactive recognition of problem situations
- The psychology of attack and defense
- What to say and what not to say
- Natural weapons and targets on the human body
- Using readily available objects as weapons
- Simulated self defense drills with partners

Instructors



Neeraj Dhawan has been practicing Shotokan Karatedo for over thirty years and holds a 6th degree black belt from the Japan Karate Association. He has trained and competed in Japan, the United States, England, France, India, Singapore, Thailand, Australia and Egypt. He has led women's self defense seminars worldwide for numerous organizations and corporations. He is the founder of the Chicago Karate Institute and the Director – USA Central Region for the Japan Karate Association World Federation. He is active in many community activities and lives with his physician wife and two children in Winfield, IL.



Bill Zmlak has been practicing Shotokan Karatedo for over thirty years and holds a 1st degree black belt from the Japan Karate Association. He is a founding member of the Chicago Karate Institute and has been training with Dhawan Sensei since 2006. Bill has taught hundreds of students ranging from regular dojo members to law enforcement and military. His research and practice focuses on combat karate for real-life unarmed and armed self-defense. Outside of the dojo, Bill is the co-founder and CEO of a technology company. He is a former member of the Canadian National Rifle Team, a concealed carry permit holder in Illinois and an avid biker, golfer and tennis player. He lives in Naperville, IL.

Where and When

- Check www.chicagokarate.info/Seminars for upcoming locations, dates and times. Seminars are held at the CKI dojo or in cooperation with community organizations
- Sign in – 30 minutes prior to seminar
- Seminar – Three hours
- The seminar will start promptly!!

Registration

- The registration fee is \$99.00 payable by credit card at www.chicagokarate.info/Seminars
- Participants are required to execute a release at sign in
- All participants will receive recognition of attendance
- Regular gym shoes are recommended
- Workout gear is suggested but street clothes may be worn if desired

Organized By



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With 2 million members in over 100 countries, the Japan Karate Association is the world's largest and most prestigious karate organization. Formed in 1949, it is the only karate entity approved by the Japanese government for the promotion of karate domestically and internationally