

# Core Self-Defense for Women

***A Three Hour Seminar For Women 16 Years and Older That Will Provide You The Mental and Physical Confidence to Avoid or Respond To An Attack***

***No self-defense experience required and all levels of physical ability welcome!***

## Why You Should Participate

- Empower yourself with 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
- Limited participants per class to maximize personal instructor time

## You Will Learn and Experience

- Proactive recognition of problem situations
- Avoid looking like a potential victim
- Understanding the psychology of attack and defense
- Saying or not saying the right words
- 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 participates 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 forty 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. He is a former member of the Canadian National Rifle Team and firearms instructor. Bill is the co-founder and CEO of a financial technology company and lives in Naperville, IL.

## Sponsorship and Organization

***The Chicago Karate Institute provides the seminar as a community service. Your organization is extending an invitation at no charge to you to participate in this potentially life-changing high value opportunity***

- As a sponsor of the seminar, your organization is responsible for committing and communicating with participants. Please contact the individual who provided this brochure to you to learn about available dates, times and locations and to reserve your place. Seminars fill up fast!
- Once your place has been reserved, you will receive an email with detailed instructions on seminar participation.



### Chicago Karate Institute Inc.

60 S. Broadway  
Aurora, IL 60505  
Phone: (800) 413 3656  
Email: [chicago.karate@yahoo.com](mailto:chicago.karate@yahoo.com)  
Web: [www.chicagokarate.info](http://www.chicagokarate.info)



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