

Core Self-Defense for Women

A Three Hour Seminar For Women 16 Years and Older That Provides Participants With The Mental and Physical Confidence to Avoid or Respond To An Attack

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

Benefits to Participants

- Empowering knowledge and confidence to face any obstacle
- Understanding reactions in a high stress situation
- Improving self esteem and approach to life
- Obtaining knowledge to help others deter violence before it happens
- Limited participants per class to maximize personal instructor time.

Participants Learn and Experience

- Recognizing problem situations proactively
- Avoiding looking like a potential victim
- Understanding the psychology of attack and defense
- Saying or not saying the right words
- Learning the 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

Seminars are offered at no charge to sponsors and participants as a community service by the Chicago Karate Institute

- Our sponsors include many types of community organizations such as employers, government entities, yoga and athletic studios, churches, school and social organizations and groups of like-minded friends
- Our seminars are delivered either on-site at our sponsor (a large meeting room is sufficient while a yoga or group exercise studio is ideal) or at our new dojo in downtown Aurora
- We provide all seminar and sponsor required participant marketing materials. Our sponsor only has to arrange the participants from their organization
- Contact us to sponsor one or a series of seminars in cooperation with your organization or group.



Chicago Karate Institute Inc.

60 S. Broadway
Aurora, IL 60505
Phone: (800) 413 3656

Email: chicago.karate@yahoo.com

Web: 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