

## 3.5 Hr. Adult Assertiveness Self–Defense Course

Hickey Karate Center is hosting a 3 and 1/2-hour Adult Assertiveness Self–Defense Course from 1:30 to 5 pm on Saturday January 21. The cost for the program is normally \$99 but we will extend a reduced cost of \$79 to School District Employees and their guests.

This course is a scenario based program developing awareness and communication skills that can help

- avoid being targeted as a victim,
- desensitize you to the verbal abuse and threats that attackers use to control their victims
- equip you with verbal defense skills that will stop most altercations before they ever become physical.

You will learn how real world situations occur; how to avoid the common mistakes that escalate them using dialogue and verbal dissuasion and you will address the real-time physiological fight response to a real-time threat and when all else fails, how to protect yourself and your loved ones with simple & effective FULL FORCE techniques to the attacker’s vulnerable areas

**Where: Hickey Karate Center 4540 Stow Road Stow, Ohio 4424**

**Who: Teens and Adults who want a no holds barred self-defense program**

**When: Saturday January 21 at 1:30 pm**

**Cost: \$79 special for Stow City Schools**

*“This training is a life saver. I can’t believe the sense of safety and empowerment I feel after just a few hours of training!  
Thank you!”*

To Register Call 330 686-4540 or email [HickeyKarate@sbcglobal.net](mailto:HickeyKarate@sbcglobal.net) and mail your check to:  
Hickey Karate Center 4540 Stow Road Stow, Ohio 44224

**ENROLLMENT LIMITED!**

Note: Course does have adult content.

Thank you. [Hickey Karate Center](#)