

# Women's Self Defense Awareness Seminar

Learn some practical techniques to protect yourself and avoid being a target!

Select a Seminar:

Friday, Mar 2nd  
7-8:30pm

Friday, Aug 3rd  
7-8:30pm

Friday, Nov 2nd  
7-8:30pm

Name:

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Email:

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Phone:

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Seminars are loaded with empowering instruction, demonstration, and practice.

You must be at least 13 years old by the date of the seminar. To hold the seminar, we need a minimum of 15 women registered. If that minimum is not met, we will contact you to move your registration to a later date.

- The cost for the seminar is a \$30 donation to Lee Brothers Side Kick Foundation.
  - To hold your spot in the program, a \$10 nonrefundable deposit must be submitted upon registration, and the balance (\$20) can be paid the day of the seminar.
  - Credit card donations can be made at Lee Brothers Tae Kwon Do or over the phone [\(919\) 846-1234](tel:9198461234).
  - Checks should be made out to Lee Brothers Side Kick Foundation.
  - You can pay through paypal; just visit [www.LeeBrothers.com](http://www.LeeBrothers.com) and click on "Charity."

- We also need to receive this registration form from you!

Email your registration to [friends@leebrothers.com](mailto:friends@leebrothers.com) or mail to: Lee Brothers Tae Kwon Do  
8604 Falls of Neuse Rd.  
Raleigh, NC 27615