



Hope Mills Parks & Recreation

5766 Rockfish Rd, Hope Mills, NC 28348 • Phone (910) 426-4109

Be knowledgeable about self-defense. Enjoy the party, but be aware.

Register for our **4-hour Basic Self-defense Workshop for Teens** and learn effective techniques to defend yourself against **bullies**, **attackers** and **predators**. Your teen will gain self-confidence, self-respect, and self-awareness.

\$30

AGES
15-17

MAY
7.2022

TIME
9am-1pm

BE IN THE KNOW

87% of students report that bullying is the primary motivator of school shootings.

1.5 million high school boys/girls in the U.S. are hit or physically harmed by someone they are romantically involved with.

50% of young people who experience rape or physical or sexual abuse will attempt to commit suicide.



**ONLY
TECHNIQUE
NO EGO**

WHAT THEY'LL GET ¹⁰⁰ 🖐️

- ✓ Tailored Scenarios that fit thier reality.
- ✓ Collaborative discussions for maximum clarity
- ✓ Practical hands-on self-defense training.



I'm Worth Protecting

WARRIOR SPIRIT
FULL SPECTRUM KARATE



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For more info and to register:
WWW.TOWNOFHOPEMILLS.COM