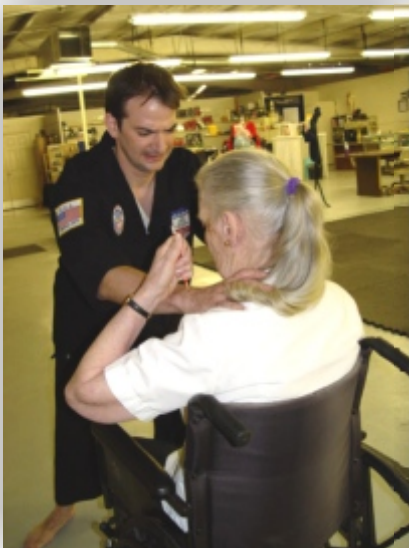


# ***Personal Safety and Self Defense Seminar***

Learn from a teacher who has some physical limitations and knows personally what it feels like to be attacked in the workplace, in the home and from childhood abuse.



## ***Learn the 3 "A"s***

***~Awareness ~Assessment ~Action***

***Use your mind, body and everyday things to take control of your safety. Lower your stress and learn in a relaxed safe atmosphere to manage aggressive situations.***

***Learn how to use simple items such as a pen, umbrella, shoe, cane, purse to strike an attacker who won't take no for an answer.***

**Call 566-4544 or 514-4334 to reserve your space on FEBRUARY 21, 2009 9:30-11:00 am / [www.upkudo.com](http://www.upkudo.com)**

Your Instructor

### ***Master Anne Radke***

5th Degree Master Martial Arts Instructor  
Chief Instructor of Alpha UPKUDO  
President of the UPKUDO  
International Karate Federation  
Inducted in 7 Different Martial Arts  
World Hall of Fame  
AMFPT Master Personal Trainer  
Certified Sports Nutritionist  
Certified Youth Fitness Instructor  
Founder of the CANE-DO system of Self Defense



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