

Foiling An Attack!

Combat Self Defense Moves for Apartment Managers

AHMA, CARH and WAHSA Member Registration Fee: only \$45 per person

Non-Member Fee: \$65 per person

**A 3-Hour Intensive Course Held in Bremerton, WA on Thursday Afternoon
July 17, 2008 from 1:00 PM to 4:00 PM**

This training is being co-sponsored by the Bremerton Housing Authority! Westpark Community Center, 76 Russell Road, Bremerton, WA 98312. Parking is available in the back of the building.

How safe are you: when you show an apartment to a complete stranger – when you walk to your car at night – or when you're cornered in your office by an angry resident? The goal of this course entitled *Foiling An Attack* is to give you the crucial 2-5 seconds to escape a threatening situation.

This has been the most popular and highest rated class by AHMA on-site managers!

This is not a self defense course. You will learn over 20 moves specifically designed to temporarily stun your assailant, giving you those precious few seconds that might save your life. All moves are based on leverage and pressure point techniques developed under the Medieval European Martial Arts form known as *Pressas*. The key concept is to quickly and temporarily shift the odds in your favor when you are faced with apparent overwhelming force by an assailant. An instructor at *West Plains Karate* stated that a person taking Gary's course "...is offered a continuum of force to use as he/she deems necessary under the circumstances, allowing escape to safety." It is recommended that participants wear loose, comfortable clothing (jeans, or sweat pants, e.g.). Bring a blanket – some moves involve getting down on one knee. Please arrive by 12:45 pm, as all participants must sign liability waivers upon arrival in order to be admitted. Anyone may decline participation in any demonstrated move at any time during the course if they don't feel comfortable doing so.

When trainer Gary Williams is not managing his apartment complex in Eastern Washington, he's providing self-protection training to individuals, organizational employees and apartment managers. His Black Swan Academy of Historical and Theatrical Combat Instruction tailors classes for situations that those clients might face in their unique workplace setting. Gary is joined by Anya Garner to demonstrate all moves.

TO REGISTER: Go online at www.ahma-wa.org with your VISA or MC. You may register online and print out an invoice for your company to process in your normal way.

OR - Complete this form, and FAX it to (425) 454-7695 – this reserves your seat! Process your check in the normal way, and mail it with this completed form to:

**AHMA Northwest
c/o Loveridge Hunt & Co. CPAs
11100 NE 8th Street, Suite 410
Bellevue, WA 98004-4441**

Questions? Contact Joe Diehl at TEL (425) 454-6836 FAX (425) 454-7695
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AHMA WAHSA or CARH Member (\$45)

Non-Member (\$65)

First Name: _____ Last Name: _____

Company Name: _____ Property Name: _____

Address: _____ City, State, Zip: _____

Tel: _____ Fax: _____ *E-mail Address: _____*

*Register on or before June 30, 2008. Note - only the first thirty (30) registrants will be accepted due to space limitations. \$10 per person processing fee assessed for refunds requested by June 30. No refunds after June 30; however, another student may be substituted). A full refund (or credit against a future training) will be given if the class is cancelled by AHMA for any reason. *Provide an E-mail address so that updates may be sent.*