

# Mind-Body-Spirit Martial Arts

"Reaching beyond ourselves, in today's world!"



## Self-Defense Workshop for Your Social Group, Business, or Organization



### About:

Our self-defense workshops are specifically designed for people (18+) to effectively learn how to handle assault, rape, and abduction. The class is taught by Grand Master Gene Perceval who is the first black belt in the world to be tested in Tae Kwon Do when it first became an international organization.

### Workshop details:

- How to handle/prevent rape, assault, and abduction. Don't feel helpless; learn attack and escape techniques.
- A short demonstration showing how to mentally and physically empower yourself through the power of focus.
- A short explanation of facts and demonstration of why *awareness* of your surroundings is very important.

### Testimonials/track record:

- "I loved this class, very informative." - Linda B.
- "I'm a real estate agent and this class was helpful, especially for when I'm at open houses." Janice C.
- We have taught this workshop at many Nassau County & Suffolk County libraries, and at real estate agencies.

### Cost:

The total cost of the workshop is just \$250.00. Each class is an hour and a half (90 minutes), up to 40 people. *We travel to you, at your time and convenience.*

### Terms of service:

- You can pay in cash, credit, or check.

Call or email to book a workshop with Mind-Body-Spirit Martial Arts:  
516-262-2990 ▪ [info@martialartsmbs.com](mailto:info@martialartsmbs.com) ▪ [www.martialartsmbs.com](http://www.martialartsmbs.com)