

## Women's Self-Defense with Dr. Neil Farber

Practical self defense class for teen girls and women! Don't live in fear of crime and violence. Take reasonable precautions and understand how to avoid, escape, and de-escalate aggressive situations. You may not have the strength or size to overpower an attacker, but you can always overwhelm. Learn simple, practical, and effective techniques to protect yourself and your family. Enjoy the confidence that comes with that knowledge. This is *not* Taekwondo – no forms, uniforms or fancy moves.

Dr. Farber is a certified instructor in several forms of self-defense, including Taekwondo and Hapkido, Pressure points, Hisardut, Kapap and Kavanah. **Dr. Farber focuses on teaching practical, realistic, life-saving techniques** and is one of the highest ranking Israeli self-defense instructors in the country. He has given many seminars and taught many classes on self-protection, women's self-defense and family safety at the high school and college level.

To learn more about Dr. Farber and his seminars, visit [www.DHWI.net](http://www.DHWI.net). Sign up for a **Free Positive Power Perspective newsletter**.

No previous experience in martial arts or self-defense required.

Cost: Members \$30, Non-Members \$35, Patrons \$25

**Date: Sunday, September 18, 9-10:30 am**

**RSVP: Call the JCC to register for the session at 414-967-8200**