

Don't be a victim

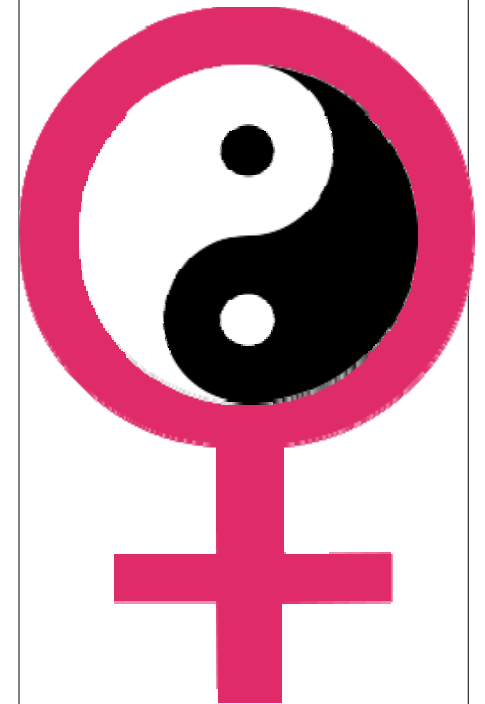
The statistics show that predators are looking for a victim; women that exhibit certain signs and behaviors. Learn what these behaviors are and how to eliminate them from your actions.. Learn some quick simple and effective ways to escape from a larger, stronger opponent. Most of all make the decision that nobody has a right to hurt you.



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"Nothing is stronger than gentleness, nothing is gentler than real strength"

Women's Self-Defense Course



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