



*** Attention ***



Saturday, November 14th 2009

Ridiculously Effective Self-Defense Workshop

- Q. Have you ever wondered what you would do if faced with a physical assault?
- Q. Are there “secrets” to gain the upper hand against a physically stronger attacker?

Master Patrick Bast will share his common sense approach to directly and effectively dealing with an assault. You will learn critical body pressure points to overcome the strength of your attacker!

Master Bast has trained in martial arts for over 22 years and holds a 4th degree black belt in Ryukyu Kempo, 4th degree black belt in Tomiki Aikido, and 2nd degree black belt in Shotokan Karate. He is a certified Dillman Karate International (DKI) and Kyusho-Jitsu Kenkyukai (KJK) Master Instructor.

Logistics

- Who:** **Open Workshop**, No Experience Necessary. You must be 16 or older.
- Where:** **The Body Factory**
6801 Douglas Legum Dr. Suite B
Elkridge, MD 21075
- When:** **Saturday, Nov 14th** 2009 from 1:00 to 4:00 PM
- Bring:** Loose fitting workout clothes, camera, note pad, and water bottle. Books on Self Defense and Pressure Point Theory will also be available for purchase.
- Cost:** **\$35 in advance** / \$40 at the door
- Info/register:** The Body Factory, (410) 796-2582 or
Patrick Bast, 410-917-2382, patrickpbast214@yahoo.com

