

# In the Light of ONE

Presents

## Simple Steps to Self Empowerment

### Ley Greywolf



This class will teach you how to defend yourself in a physical attack. You will learn from a self-defense expert, Ley Greywolf. Ley will teach you the right and wrong way to defend yourself in a crisis. You will learn valuable techniques that could save your life... This is a two and half hour class.

#### Some of the topics to be discussed:

- ❖ Special Forces tools for Protection and Empowerment
- ❖ Three Defensive Maneuver—Block, Dodge, Parry
- ❖ Typical Physical attack scenarios and other self defense moves.
- ❖ Daily exercises to help you to train your body to respond to these various attacks without any thought.

Ley Greywolf will be aided by a retired Police Officer to demonstrate the tactics being taught. You will also have a chance to try some of the moves for yourself just to see how easy they really are.



1. Large Class Maximum of 7 to 10 people cost: \$50.00
2. Medium Class Maximum of 3 to 6 people cost: \$75.00
3. Small Class Maximum of 2 people cost: \$100.00

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