

# HOW TO DROP 200lbs REALLY FAST



**“Don’t Be a Victim”  
A *FREE*  
Specialized  
Self-Defense Clinic for all  
Women and Teenage Girls**



**(Cash donations will be accepted and will benefit a local women’s shelter)**

**Presented by the Rotary Club of Strongsville**

**With Jeff Ellis - Internationally Certified 8<sup>th</sup> Dan Black Belt & Self-Defense Expert  
Guest Speaker- Kerry McCafferty, Agent; Federal Bureau of Investigation on Subject of Abductions**

**Tuesday, October 12th, 2010  
7:00pm - 9:00pm. Doors Open at 6:30pm  
Strongsville Ehrnfelt Recreation Center  
*Space is limited. Register today to reserve your spot!***

Every 15 seconds, somewhere, somehow, a woman is being assaulted. Often the woman is alone, unsure of how to react, uncertain how to protect herself, unable to stop the attack. The “Don’t Be a Victim” workshop will focus on providing women valuable information regarding safety awareness, evading assault and self-defense skills. The use of basic hand strikes, blocks, simple kicks, and easy ways to escape from grabs or holds are explored. You will learn in a safe, controlled environment and have FUN too!!

### **Registration Form**

Completed registration forms can be faxed to (775) 618-8419, dropped off at Strongsville Ehrnfelt Recreation Center or mailed to the Rotary Club of Strongsville, “Don’t Be a Victim”, PO Box 360401, Strongsville, OH 44136

**Please fill out completely and print all information**

Name: \_\_\_\_\_ Phone Number: (     ) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Please include me on your email list to find out about upcoming Strongsville Rotary events: Yes / No