

**Don't wait until it's too late. Learn the fundamentals to self defense.**

## **Have A Self Defense Party!!!**

**Total Protection Solutions (TPS) is now offering self defense parties for groups of 10 or more. This is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, then progressing into hands-on defense training. These parties are open to women 16 and older. TPS instructors have over 30 years of Martial Science experience and are certified through the American Woman's Self Defense Association (AWSDA).**

**We provide the tools, you provide the location. **Host a party and your fee will be waived.****

**Each party consists of 4 hours of lecture and hands on training. Comfortable clothing is preferred.**

**Contact TPS to schedule an appointment at [israel@totalprotectionsolutions.com](mailto:israel@totalprotectionsolutions.com) or 877-704-7044 or 714-292-4551**

**Visit our website at [totalprotectionsolutions.com](http://totalprotectionsolutions.com).**



**TOTAL PROTECTION SOLUTIONS**