



# Silver City Self Defense At the Billy Casper Wellness Center

**Bring the whole family and participate in our newest wellness program!**

This program is a reality-based martial arts system that will focus on common sense self defense techniques and strategies to help you better protect yourself and loved ones. A reality-based martial arts system focuses on functional, usable tools, tactics and strategies that are proven to “work” in a common self defense situation.

You will enjoy the following benefits:

- A Strong and Flexible Body and Mind
- Body Control
- Body Awareness
- Situational Awareness
- Self Confidence
- Self Control
- Self Discipline
- Self Respect and Respect for Others
- New Friendships
- Courage and Compassion
- Realty-Based Self Defense Skills
- The tools to create a more effective life for yourself and others



**Join through October 31st and  
Receive up to 50% off your Uniform and Belt!**

**Space is limited**

**Registration begins October 3<sup>rd</sup>!**

***Begins October 18th***

**EVERY Tuesday and Thursday**

**Ages 4-14 - 5:30-6:15**

**Ages 14+ - 6:30-8:00**