

WOMEN (age 15+) -- WHY BE A VICTIM?

Society has attempted to program women to believe that, because they usually are physically the weaker sex, they are helpless in the face of violence. That is totally untrue. Women of today have learned that they must take responsibility for their own lives, their own safety, and perhaps that of their families. They know that there is not always going to be someone around to protect them.

Master Dukes will show you how to employ practical, easy-to-learn hold breaks, blocks, strikes and throws. You learn how to use leverage, momentum and vital striking points against an attacker. It's not about size or strength, but attitude and skill. You are taught how to make your fear work to your advantage, to fight back, escape and survive in seemingly indefensible situations.

Our world is becoming more dangerous every day. Nothing can guarantee your safety but you **CAN** take an active role and do everything possible to control your destiny and to prevent yourself from becoming a statistic, a *VICTIM*.

BOYS & GIRLS (age 4-14) -- WHY BE A VICTIM?

Most of us know of a kid who life has been horribly changed or tragically ended by one of society's predators. Often heard are words like, "I didn't think it would happen," or "He seemed so nice," or "I thought this was a safe neighborhood." Denial and being unprepared can produce a criminal's best friend, a scared young victim. Master Dukes will show you how to avoid becoming a victim, and how to let your fear make you more powerful. You learn *what to do if a predator targets you*, how and when to use your mind and your entire body to *stop an adult attacker*. You practice *easy-to-learn moves that really work*, and then try those moves on adults right there in the classroom. It doesn't matter how small or weak you are -- or how big or strong they are. It's all about attitude and skill. You are not helpless! *You can fight back and win!!*

Sadly, kids are becoming more susceptible to danger every day, even in places they used to feel safe. Nothing can guarantee their safety but they *can* learn how to tilt the odds in their favor, and how to keep from becoming a *VICTIM*.