

**DEFENSEWORKS™** presents...

*Wesley Manko*

Award winning speaker, author, trainer, consultant and certified Systema Instructor. Over the last several years, Wes has conducted programs for Fortune 500 companies, Domestic Abuse Prevention Organizations and the United States Marines where he has shared his practical and realistic information about ways to increase personal safety, prevent violence and use effective self-defence when necessary.



## PRACTICAL SELF-DEFENSE!

A special **FOUR** hour intensive workshop covering verbal, psychological and physical defensive tactics to keep you safe from the most common types of attacks and assaults including single and multiple assailants, ground attacks, strikes, clinches, and holds in armed and unarmed situations. You will also discover ways to prevent injuries, eliminate fear and mind body exercises to develop improved power, balance, longevity and movement.

**Saturday July 31st, 2010 from 12:00pm to 4:00pm**

at MSOE Kern Athletic Facility, 1245 N. Broadway, Room 144

Please bring comfortable clothing and socks to wear for this exciting workshop.

**Suitable for ages 14 and over! Seating is limited!**

**\$40.00** per person pre-registered prior to Friday, July 23rd or

**\$60.00** per person after Friday July 23rd and at the door.

Seminar fees are not refundable.

To obtain more information call 414-332-0599 or go to  
[www.defenseworks.us](http://www.defenseworks.us) and email [wes@defenseworks.us](mailto:wes@defenseworks.us)

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**Mail this Registration Form with Check made payable to DEFENSEWORKS to:**  
DEFENSEWORKS, c/o Mr. Wesley Manko, 4947 N. Wildwood Ave., Whitefish Bay, WI 53217  
Please use only one registration form per participant. Under the age of 18 requires a parental release form

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_