

In the R.A.P.E Defense™ Seminar you will learn:

- The 7 key points of survival.
- The 8 elements to prevent and educate yourself on the emotional damage of rape.
- The 11 most realistic steps to prevent, defend, and to get away safely.
- How to defend yourself against a larger assailant using simple but effective techniques that anyone can do.
- How to defend yourself *while on the ground*. *If you do not learn this critical technique, you are not learning how to defend yourself against rape.*
- The body's 14 natural weapons and when to use them for the most effectiveness of the techniques.

This is not an unrealistic self-defense program that tries to teach Martial Arts skills to non-martial artists.

R.A.P.E. Defense™ will teach you how to PREVENT an attack and GET AWAY from a potential rapist with simple and effective techniques that will enable you to escape the situation. It takes years to master any fighting discipline. R.A.P.E. Defense™ is an awareness program that teaches self-defense in its simplest form to prevent an attack. Don't be misled by ineffective and movie-style self defense. Rape is an act of extreme violence that will scar a woman for life.

Take this R.A.P.E. Defense™ Seminar and be prepared.

It could save your life!

R.A.P.E. Defense™. “Real, Attack, Prevention, Effectively”. This course has been designed by Self Defense Expert, Phillip Ameris, to instruct female students on the real techniques that will work against a stronger and larger assailant in a real rape encounter. The Hollywood and gymnastic moves are taken out, and we get down to the nitty gritty on what really works. You will learn where to attack to disable your opponent. What are the vital areas to ensure your safety – contrary to some; it is not the groin strike! You will learn how to attack, and what are the body's natural weapons. It does not require years of practice to develop.

Rape is a mental disorder that is expressed physically ... Learn how to prevent a possible problem before it happens, by being aware of the attitude and characteristic of the rapist. R.A.P.E. Defense™ will give you the knowledge on all preventative measures of date rape, sexual harassment, and how to mentally, physically and psychologically defend yourself.

For the first time, develop the true awareness and confidence knowing that you will not become a helpless victim. Take action and control by enrolling in the R.A.P.E. Defense™. You never know when it may be too late. Remember today's preparation leads to tomorrow's rewards; and in this case, it could very well mean your life or your personal safety.

Physical aspects of this course are optional.

INJURY RELEASE

In consideration of services to be received as a student on these premises, the undersigned hereby releases and forever discharges the school, it's heirs, successors, administrators and assigns from any and all actions, cause of action, liability, claims and demands upon or by reason of any damages, loss, injury, or suffering known and unknown which may be sustained by Phoenix School of Cho's Tae Kwon Do, Phillip Ameris R.A.P.E. Defense™ Center and A.I.M.A.A. in connection with and in course of receiving this school training and techniques on these premises, from the instructors or instructor's staff, official, or any fellow student's on the premises in connection therewith and within the course of taking training or lessons for the purpose designed in this application. He/she hereby waives his/her rights to claims, actions. Cause of action, demand or suit for loss, injury, damage, or suffering sustained as a result of anything other than gross negligence on the part of this school. The undersigned assumes all risks inherent and incident to this type of sports activities as a condition for applying for admission to this school for the purpose herein above stipulated.

Name (printed)

Signature of Applicant

Signature of Parent (if under 18)

