



Dynamic Edge

Adult Self-Defense Workshops

417-889-8900

Confidence

Knowledge

Effective Skills

Our personal protection workshops are informative, instructional and affordable. Individual and group instruction available.

DynamicEdgeMA.COM
Facebook.com/DynamicEdgeArts
DynamicEdgeInfor@gmail.com

We are a forward thinking, student minded school with separate classes for: children, teens, & adults.
Benefits of martial arts training:
Confidence, fitness, Self-defense, Lower Stress, Increased strength and Flexibility.

Classes are interactive and informative!

*Statistics from the Department of Justice



• 2 million U.S residents experienced a violent crime while they were working or on duty.

• 78% of rape victims knew the attacker.*

• Aggressive Driving /Road Rage ranked as the top highway safety issue.*

Do you know what to do if you are Threatened? attacked? Choked? Taken to the ground?



Learn:

To predict & Avoid a violent encounter

Situational Awareness

Effective Defense Methods For a Large, Strong, Aggressive Attacker.



Adult Self-defense workshops

Series: 4 one hour classes

Event: 3 hour workshop.

available at Dynamic Edge

Or at your meeting place.

Please Call 889-8900 for more information

DynamicEdgeInfo@gmail.com