



THE MISSISSIPPI CENTER FOR MARTIAL ARTS, LLC

www.msartialarts.com

662.816.4115

## Personal Protection Workshops

*(because self-defense is more than using your fists)*

**For You** ❖ **Your Family**  
*Your Group* ❖ *Agency*  
**Business** ❖ **Civic Group**  
*Sorority* ❖ *Church Group*



*Your Workshop May Include*

**Basic and Simple Personal Protection Skills**

*School \* Home and Work Place Safety \* Car \* Traveling and Shopping*


*Safety \* Stranger Danger for Children*

*Preventing Identify Theft \* Disaster Preparedness*

*Customize Your Workshop with  
Other Topics and Special Concerns*

*No Fitness Level or  
Experience Required*

*Don't Wait Until It's Too Late!*



### **Private Karate Instruction**

**Shotokan Karate-Do  
Iaido Sword & Bo Staff**

physical fitness, personal development, discipline,  
greater self-confidence, physical activity,  
personal protection  
*(ages 10 and up)*

## CPR / First Aid

**CPR / AED / First Aid Training for Adult, Child, and Infant Certification**

If you desire, or need to be, American Red Cross Certified in any of these life saving skills, please contact us.

Everyone should learn these life saving skills. Just imagine saving the life of a family member, friend, school or work mate.

Email: [mark@msartialarts.com](mailto:mark@msartialarts.com)

Phone: 662.816.4115