

The
Mississippi
Center for
Martial
Arts, LLC

Personal Protection Workshops <i>and</i> Private Instruction In: Shotokan Karate-Do Self-Defense Iaido Sword • Bo Staff
--

Mailing Address:
1739 Univ. Ave. #166
Oxford, MS 38655

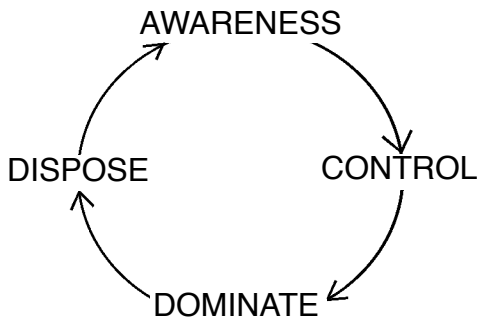
Email: mark@msmartialarts.com

(662) 816-4115

www.msmartialarts.com

Continuing a tradition begun in 1984

Self-Defense Circle



Self-Defense IS

- Your responsibility
- A life-long habit
- An attitude
- Avoiding trouble before it happens
- Getting home safe and sound

Self-Defense IS NOT

- Paranoia
- Someone else's responsibility
- An accident

Are you a hard or soft target?

- Δ deadbolt door locks
- Δ window locks
- Δ lock your car doors
- Δ take keys with you when you go into convenience store/gas station
- Δ walk with a friend at night
- Δ walk with your head up, and looking around
- Δ do you have a cell phone
- Δ if out alone, does someone know where you are
- Δ lights outside your house/doors
- Δ can you change a flat tire