

# SELF DEFENSE FOR STUDENTS

*Melanie Goodwin, 19, studying at UNT, stopped at a convenience store for snacks. On the store video tape, you can hear a man asking her for a ride, and you hear Melanie saying "No, I don't think so". But for some reason she left with her attacker. Within hours, she had been sexually assaulted and killed.*

*Kelsey Smith, 18, had just graduated from high school and was about to begin classes at Kansas State with plans to be a veterinarian. On video, we see her attacker run up, hit her, throw her into her car and drive away. Using security video, her attacker was quickly caught – and led them to her body.*

*13 year old Clay Moore's parents were shocked to receive a call from him – telling them that he had been abducted at gunpoint from a Parrish bus stop in front of other children about 9 a.m. Clay kept calm and was able to escape after being tied up and left alone in a remote area. His attention to detail allowed police to quickly arrest his kidnapper.*

***Our Self Defense program is designed to provide real, practical, useable self defense and fighting skills to young adults, using empty hands, improvised weapons, and cross training in knife and gun defenses using training weapons.***

**PowerKenpo**  
Carrollton & Frisco, TX  
**972.358.0378**  
www.powerkenpo.com

High school students entering senior year or leaving for college – or college students coming home for the summer: We have a self defense program for you!

Our Self Defense Program for high school and college students includes 3 private classes to get ready, 2 months of group classes and 1 more private class each month. Youths and young adults CAN see dramatic improvements in self defense skills in our program.

Self defense isn't just about awareness, about locking the doors or staying with the group. It's also about having the skills to stop an attack, and the mental attitude to keep fighting. It's about developing skills, and practicing them, and making them yours. Making them so ingrained that they are there when you need them. Developing those skills doesn't happen overnight – but we can dramatically improve self defense skills in only two months.

**3 introductory private classes  
2 months of group classes  
Monthly follow-up private classes  
\$495 per student.**

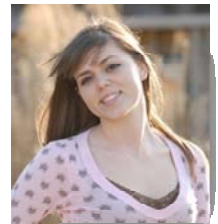
***Real self defense skills don't just happen. The sooner you start, the safer you will be.***



Melanie Goodwin



Clay Moore



Kelsey Smith

*One in seven female students has been a victim of a serious sexual or physical assault. A study by the National Union of Students (NUS) asked 2,000 female students for their experiences of assault and made some startling findings. One in four had been subjected to an unwanted sexual experience while at university or college, with seven percent saying they had been seriously sexually assaulted. Of those, five percent said they had been raped while two percent said they were the victim of attempted rape. Just 10 percent who had been seriously sexually assaulted had reported it to the police.*

*The Department of Defense released an annual report on Tuesday showing an 11 percent increase (to 3230 reports) in reports of sexual assault in the military over the past year, including a 16 percent increase in reported assaults occurring in combat areas, principally Iraq and Afghanistan. In the report, sexual assault was defined as rape, sodomy and other unwanted sexual contact, including touching of private body parts. It did not include sexual harassment, which is handled by another office in the military.*