



**ROSEMARY A. JOZWIAK, PC**

**248-546-9402 And Associates 800-963-9163**

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## **Personal Protection Coaching EASY QUICK ESCAPE**

In today's society self-defense has become a survival tool. Car-jacking, rape, robbery, abduction, and victims are words used everyday in cities throughout the country. You are not immune to these types of occurrences. They happen all over the country in small and large towns, in the daylight as well as in the evening. Victims can be young, old, male, female, rich, or poor. There are many things you can easily do to reduce the appearance of being an easy target.

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CLASS**

**Small Class  
Size**

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MICHAEL JOZWIAK  
3rd Degree Black Belt  
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**SATURDAY  
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**ONLY  
\$25.00**

Learn several techniques taught in many police departments. These methods are easy to apply and require little physical effort. They do not require you to be physically fit or agile. They can be applied by anyone, regardless of physical limitations.