



learn how you can be **SAFER**

A **MUNIO Self-Defense Workshop** is a great way to learn how to be safer and better prepared if you are confronted with the threat of a potential violent or sexual assault confrontation that threatens us all. The name MUNIO (moon-yo) means, "I defend" or "I protect" and that's exactly what it can do for you and your loved ones. Don't be a victim, be a survivor!

This **2-hour** non-martial arts workshop combines a self-defense education and hands-on practice using the **MUNIO Designer Self-Defense Keychain**, a unique, attractive and effective personal safety accessory. Working hands-on in simulated attack scenarios, such as grabs, chokes, hair pulls and much more, you will learn and practice easy, natural and effective ways and methods to use **MUNIO** that can rapidly disable an attacker and help you to escape safely and unharmed.

\$25.00/person

Includes the MUNIO design of your choice!

SHUYOKAN DOJO

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*Taught By Certified MUNIO
Instructors*

David Dye and Bob Smith

Call for Course Dates and Times



MUNIO
SELF DEFENSE 

www.munioselfdefense.com