

# EMPOWER YOURSELF

## DON'T BE A VICTIM

# WOMENS' SELF DEFENSE

Location: Tora Hakutsuru Kan Martial Arts Academy  
215 S 2<sup>nd</sup> Ave  
Morton IL

Date: Sunday, October 26<sup>th</sup>

Time: 10:30 p.m. to 3:00 p.m.

Instructors: Kim Aldus (27 years experience in martial arts)  
Steve Aldus (45 years experience in martial arts)

**This is a fun and informative class that teaches self-defense awareness and techniques that could save your life. Safety is increasingly important with crime and physical violence statistics constantly on the rise.**

Come dressed in comfortable clothes (sweats or shorts and a t-shirt).

Contact Kim Aldus at (309) 648-4528 with questions or to register.

The cost is \$45.00 per person if pre-registered and paid by October 24<sup>th</sup> or pay \$50.00 at the door.  
***Make checks payable to Kim Aldus***



**Joseph Borsberry,  
Attorney at Law,  
will be giving a  
presentation  
outlining the legal  
aspects of self-  
defense according to  
the Illinois law.**

**There will be a  
question and answer  
session at the end of  
his presentation.**



**Directions:** From I-155 take the Birchwood exit. Stay to the right. Go to the 3<sup>rd</sup> stop light (Main St.) and turn left. Go approximately .3 miles to Washington St. (the street before Dairy Queen) and turn right. Go to 2<sup>nd</sup> Street and turn left (a dumpster is on the left side on the corner). We are in the Markley's Pest Control building. You will see a sign by the door all the way to the right that says KARATE. Go through that door.