

## Meet the Instructors

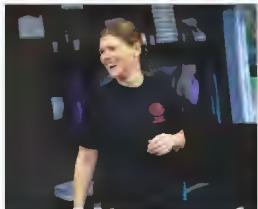
Peter Eisenberg has been training in Krav Maga for 8 years, with 5 years of instructor experience. He has certifications in Law Enforcement, VIP (Body Guard), Lead Instructor and Stay Away - Women & Children's Self Defense.



Peter is motivated by helping others listen to their inner alarm and teaching children how to stand up to bullies at school.

Shelly Johnson has been training in Krav Maga for 5 years. It's important to Shelly that people feel confident whether they are walking down the street or standing at a bus stop. She enjoys helping people feel prepared for whatever may happen in their everyday lives.

Shelly is working on certification in Stay Away - Women's Self Defense.



# FOR MORE INFORMATION CONTACT

Dawn Sandberg  
320-629-5184

[Dawn.Sandberg@pine.edu](mailto:Dawn.Sandberg@pine.edu)

Krav Maga is easily learned and implemented quickly, making it the most effective self-defense system offered today. It is open to all people and at every fitness level.

## Register today!

320-629-5176 or  
[www.pine.edu/cect](http://www.pine.edu/cect)



Pine Technical &  
Community College  
CONTINUING EDUCATION  
& CUSTOMIZED TRAINING

## Women's Self-Defense & Stay Away Seminar



800.521.7463/  
320.629.5100

[www.pine.edu](http://www.pine.edu)

900 Fourth Street SE  
Pine City, MN 55063

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# MISSION

## Trainers

We teach self-defense for every day life. We use your natural instincts to help you defend against an attack, no matter your fitness level or age.

Classes offer students with or without previous experience in martial arts or self-defense to learn how to listen and respond to their inner alarm and to defend themselves against every day attacks, such as slaps, punches, chokes and more.

## STAY AWAY SEMINAR

A 2 1/2 hour seminar that introduces women to the Stay Aware Program. The seminar includes:

- Talking Points
- Learning Self-Defense against:
  - Slap Attacks
  - Knife Attacks
  - Grabbing & Pulling Attacks
  - Pushing up against a Wall Attacks
- Timeline Discussion - to show that you can ALWAYS DO SOMETHING
- Hands-on training to apply what you've learned

*\*\*Please wear comfortable, sportswear type clothing and leave all jewelry at home.\*\**

## ABOUT US

Pine Technical & Community College, a leader in Continuing Education & Customized training, is partnering with Valley Self-Defense. Valley Self-Defense is an expert on self-defense for men, women and children. Instructors use the Krav Maga approach, which is a self-defense system designed to use your natural instincts to protect yourself and your loved ones.

*Valley Self-Defense is a proud member of the International Krav Maga Federation (IKMF)*

## SCHEDULE

Stay Away Seminar Date Options:

Saturday May 2, 2020 1:30pm - 4pm  
or  
Saturday June 20, 2020 1:30pm - 4pm

Cost: \$35

Location: Pine Technical & Community College Room 800

## LEARN TO DEFEND YOURSELF