

DC IMPACT

Self Defense

Volunteer for a "Size" that Fits You and Your Schedule

Small

- Put up a flyer or leave some postcards at your office, gym or favorite coffee shop.
- Invite friends and family to follow IMPACT on [Facebook](#) and [Twitter](#).

Medium

- Bring someone you know to an Intro or a graduation.
- Share your story of what IMPACT has meant to you on Facebook or in our newsletter.
- Videotape a Basics class.

IMPACT has meant to you on Facebook or in our newsletter.

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Large

- Retake Basics and consider training to be an Assistant.
- Take the video of your graduation to a group you are in or to the Kiwanis etc., and tell them about IMPACT in your own words.
- Encourage a male friend to consider being a "mugger"!

If you can help out please contact Deborah at: deborah@dcimpact.org

Self Defense in The Media

Four stories that show anyone can fight back including two women who fought off attackers in their homes in Grand Rapids and Aurora, a woman who fought off an attacker while jogging and a woman who resisted an attacker in an elevator.

[Grands Rapids](#)

[Aurora](#)

[Jogger in Laguana Hills](#)

[Defense in an Elevator](#)

Upcoming Classes

Intro to IMPACT

Sundays 1-4pm: Aug 21, Sept 18, Oct 16, and Dec 4, 2011

Fee: \$79 with advance registration, \$89 at the door

Length: 3 hours

Open enrollment for teens and adults. No experience necessary

[REGISTRATION](#)



Knife Defense

Sunday October 30, 2011; 1-6pm

Fee: \$149 with advance registration, \$159 at the door

Length: 5 hours

Open to all adults with some IMPACT training

[REGISTRATION](#)

"Don't let the negativity given to you by the world disempower you. Instead give to yourself that which empowers you."

- Les Brown

