



A Not-for-Profit Organization

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## PRESS RELEASE

IMPACT Chicago Self-Defense for Women offers state-of-the-art self-defense programs that build on the capacity that women already have for effective self-defense: the power of their hips and legs and the ability to make good judgments and use their emotions. Male instructors wear heavily padded armor so that women can develop the skills and confidence needed to deliver full-force strikes and kicks to vulnerable targets.

### Upcoming Courses

#### Core Program

**February 18, 19, 25, & 26**  
JCFS Knapp Center  
3145 W. Pratt Blvd.  
Chicago, IL 60645

For more information call 773-338-4545 or visit [www.IMPACTchicago.org](http://www.IMPACTchicago.org).