

FREE

PERSONAL SELF DEFENSE

An Introductory Class

DATE

April 25, 2026

TIME

12:00 PM - 1:00 PM

LOCATION

United Tae Kwon Do Academy
69 Know Way #100
Chapel Hill, NC 27516

Ages 15 and Up | College Students Welcome | No Experience Needed

WHAT YOU'LL LEARN

- **Situational Awareness**
Recognize and assess threats in your environment
- **De-escalation Techniques**
Verbal and non-verbal strategies to defuse danger
- **Threat Response**
Decision-making frameworks for your safety
- **Hands-On Defense**
Practical techniques you can use immediately

COURSE STRUCTURE

**20 Minutes
Presentation**

Core concepts

**20 Minutes
Hands-On**

Practice techniques

**20 Minutes
Q & A**

Your questions

REGISTER TODAY!

Space is limited



YOUR INSTRUCTORS

Chad Tiller - U.S. Army Special Forces (Green Beret)
SkillCraft Productions, LLC

Grand Master Barry Partridge - 9th Degree Black Belt
United Tae Kwon Do Academy

www.skillcraftproductions.com
www.unitedtaekwondoacademy.com

