

Peaceful Warrior Woman

Personal Safety Training. Designed and Taught by A Woman



Violence Against Women. The “Shadow” Pandemic

The World Health Organization (W.H.O.) has deemed violence against women the “shadow pandemic”. It does not matter where you live, assaults are very common, and unfortunately, under-reported.

What’s also unfortunate is that typical “self-defense” classes offer unusable techniques and have not been developed from the woman’s perspective.

Peaceful Warrior Woman

Personal Safety for Women

The Peaceful Warrior Woman program has been designed... and is taught by a woman. Attendees learn the ABC’s of self-defense (Awareness, Boundaries, Communication) as well as real-world physical techniques that have been tested under the most realistic conditions possible.

There is no “fluff” here.

480-330-2066

info@peacefulwarriorphx.com



Nationally Featured Instructor At



www.PeacefulWarriorPHX.com



Attendees Will Learn:

To Carry Themselves Confidently

To Identify and Avoid Potentially Confrontational Situations

Techniques That Have Been “Pressure Tested” For Effectiveness

To Use Everyday Items as Weapons

Your Instructor

Tiffany Richards has trained in martial arts since 1998 and holds a second-degree black belt. She is renowned and sought after for her self-defense and personal safety classes, which she teaches all over the country.

Tiffany has been featured on many news programs as well as in magazines because of the success of this unique program.



Peaceful Warrior Woman Pricing

Pre-registration required.

Minimum 10 registrants necessary.

TWO HOUR WORKSHOP

\$40 per registrant.