



HIGHLAND PARK
CONSERVATIVE TEMPLE
Congregation Anshe Emeth

The Sisterhood of Highland Park Conservative Temple – Congregation Anshe Emeth

Self Defense Seminar



**Sunday,
November 12th
2-4 p.m.**

with Instructor - Paul A. Dunn

All are welcome to this 2-hour seminar that will provide the necessary information to become more situationally aware.

- Provide insights as to the physical cues criminals look for in a potential victim.
- Offer information on lethal and non-lethal protection devices, and use of everyday items as potential self defense tools
- Give participants the insight to develop a "Street Smart" mentality, and a warrior mind set practical and effective hand to hand self defense techniques.

Make sure to wear comfortable clothing for this interactive class.

No Fee for Sisterhood members and family; all others -\$15

Venmo your payment to Sisterhood – username is: @HPCT-CAE-Sisterhood.

Paul A. Dunn 32 years in the martial arts. 29 years as an instructor.

7th degree black belt master instructor White Tiger kempo.

Black Sash Sifu (Instructor) Jeet Kune Do (Bruce Lee street fighting system)

4th degree black belt Tae Kwon Do

4th degree black belt Hapkido

World Karate Union Hall of Fame inductee – Self-defense instructor of the year

He has also conducted 100 plus self-defense seminars.

Please RSVP to Sandy Gomez by November 8th

sandygem61@gmail.com or 732-956-6720