

**A. C. K.  
INSTITUTE OF  
MARTIAL ARTS**



**ASHEVILLE KARATE STUDIO**

180 Merrimon Ave.  
Asheville, NC. 28801

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For information and Scheduling – Call 828) 255-1914

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*Dear Friend,*

Thank you for your interest in the ***INTENSIVE SELF-SURVIVAL TRAINING PROGRAM*** (I.S.T.P.) for women, as conducted by the A.C.K. Institute of Martial Arts. It is a wise decision indeed to join us in this self-protective endeavor. Sadly, there is an ever increasing need for women to be prepared at any time to defend themselves from an assault. Statistics indicate **every woman will be involved in a physical assault** sometime in their life. It is just a matter of when – and it is never when you expect it. Women (and all people) are ill equipped physically, or mentally prepared for the level of violence common to criminals today. One experience can affect a victim for life. For two thousand years, people like yourself have found an answer for their self-defense needs, desires for personal change, and self fulfillment of their potentials – within the experience of the martial arts. Imbued with a history of tradition like this, we take our profession and it's responsibilities very seriously : to **transform any person into an effective fighting force, mentally prepared to successfully overcome or repel an assailant.**

With 35 years of experience in serving the public and significantly changing people's lives, you will find in our staff and certified instructors, the most caring individuals anywhere in the martial arts world. We maintain a comfortable and injury free training atmosphere, offering a general experience similar but not as formal as traditional martial arts, which has been found most effective and appreciated by the public for decades at the A.C.K. Our technological advancements and modernized methods of instruction clearly place the A.C.K. on the forward cutting-edge of martial arts instruction and evolution. This is why you will easily achieve life long skills in such a short time, regardless of your age or physical condition. You will not be hurt or intimidated by this program – and you will be able to do everything required. **Simply put, we are experts at fulfilling your needs - whether physical, mental, or spiritual - and will succeed in giving you a great deal more peace of mind, self-confidence, and safety in your life.**

A proper, thorough study of the martial arts is as comprehensive as mastering life itself because one not only masters his body, but also develops his mental and spiritual abilities (one's perceptions and self-creation of energy) to their potentials, and these tools, one uses every day to live a more aware and effective life. Naturally these lofty goals are not achieved overnight, or by any brief program, however diligently applied. Nevertheless, dramatic positive changes can and will be achieved in your ability to defend yourself, your



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sense of personal power and confidence, and thus your everyday experience of life. The Intensive Self-Survival Training Program is specially designed for those who do not desire a lengthy formal study of the martial arts, but need basic and effective combat skills and a survival mindset now! The comprehensive scope and achievement by everyone in the program is really amazing!

This intensive program is easily the equivalent of a years training in almost any other martial arts school, yet consists of only eight training sessions – usually once a week. Each lesson is a separate building block or ‘piece of the pie’ which comes together to create the desired result in the last two sessions. It is very intensive, but **anyone can do it**, regardless of age or physical condition. If you wish, an additional practice on your own between sessions can even magnify your results 2-3 times! For additional enhancement and to boost your level of success, we have also made private lessons available if desired. After all, in a hostile encounter, the knowledge and ability you gain from this brief connection with self-defense training is all that will stand between you and great harm, or possible death - for the rest of your life. **EVERY FEMALE AND CHILD NEEDS TO BE EQUIPTED WITH THESE SKILLS FOR THEIR SAFETY!**

In the past, many people have achieved the physical tools and general body skills necessary to insure a self-defense capability during this program. But most importantly, you will achieve a far greater ability to comfortably confront opposing force, and a mental toughness which will allow you to function effectively in a personal assault situation. This will be the primary focus of our I.S.T.P. Program which will cover any possible situation you might encounter – whether defending on the ground, against a weapon, or against multiple attackers.

Therefore, the staff and instructors of the A.C.K. invite and welcome you to the exciting world of the martial arts. **Congratulations on having the foresight and motivation to seek to improve yourself and your physical safety – after this training you will never be the same again!** Please feel free to call on myself or any of our staff, for the next scheduled program, or to answer any questions, resolve any problems, or render assistance in any manner as needed. We are here to serve you.

**P.S. WIMBERLY**  
**FOUNDER – A.C.K. INSTITUTE OF MARTIAL ARTS**



A.C.K.  
INSTITUTE OF MARTIAL ARTS  
proudly presents

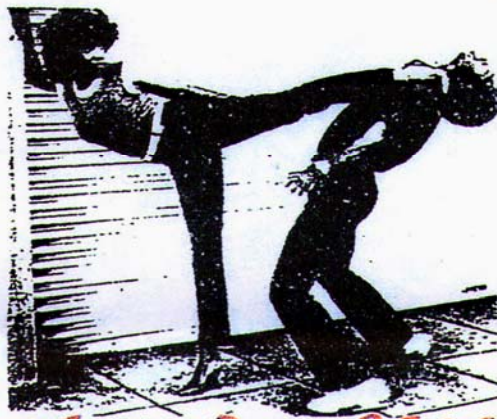


# \* INTENSIVE SELF-SURVIVAL TRAINING \*

WOMEN'S  
EIGHT SESSION SEMINAR

WIVES - GIRLFRIENDS - DAUGHTERS

HAVE NO FEAR !!



SAFE - EASY - EFFECTIVE!

GAIN PEACE OF MIND & PERSONAL POWER!

## COVERING :

Corp. Discount - 10%

- Basic self-defense movements    Target anatomy and striking skills
  - Grab attack defenses    Ground fighting
- Ways to avoid conflict without fighting    Practical hands-on drilling

MEETS WEDNESDAYS, FRIDAYS, OR SATURDAY EVENINGS  
NEW CLASS BEGINS SOON!    CALL FOR REGISTRATION

Cost \$ 185 (includes graduation and certification ceremony)

A.C.K. INSTITUTE OF MARTIAL ARTS  
180 Merrimon Ave. (3 blocks North of downtown Asheville)

See our website: [www.ackmartialarts.com](http://www.ackmartialarts.com)

Call Today !! (828) 255-1914