

Certified Soul Punch™ Trainer

Self-Defense Training For Women by Women



**HERE TO HELP
#1MILLIONWOMEN
COMMAND YOUR
POWER AND SAFETY!**



Soul Punch Self-Defense: Best Women's Self-Defense Program in the U.S. of 2025



**WE TAKE YOU FROM "THINKING"
TO ABSOLUTELY KNOWING YOUR SAFETY SKILL LEVEL**

How our training is different

We don't teach you how to fight. We teach you how to break down the body and disable the attacker.

Why it works

- We focus on layering levels of safety
- We provide tactics & movements utilizing natural leverage
- We teach how to manipulate & break down the body
- We incorporate techniques that offset size and strength disparities

Women's Self-Defense and Empowerment Training

Training includes:

- Foundational Safety
- Self-Defense Skills
- Soul DefendHER 2.0™
Device Training
- Empowerment

Who is this for?

Any woman or adolescent girl looking to be:

- Stronger
- Safer
- More Confident

**Join us for a fun and empowering
2-Hour Core Self-Defense class**

on
5/26/26

at
**NJ105, Peer Support Centre
12:00PM**

**Scan the QR Code to Register, Pay, or
View the Full Class Schedule**



For more information, contact:

**Barbara Zaseybida
(403)862-5899**

If we don't reach at least 10 participants, the class may be canceled. So invite a friend and help us spread the word!

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