



# PalmStrike

*Empower Your Edge*

## Join the Historic Highlands Association of REALTORS® Self-Defense Seminar

WHEN: **9/27, 10 - 11:15AM**, SPONSORED BY STANDARD BANK - TRAVIS SHROYER  
**9/28, 3 - 4:15PM**, SPONSORED BY ALCOVA MORTGAGE

WHERE: **KICK MASTERS KARATE, LLC**, 16318 CLARYSVILLE RD SW, FROSTBURG

COST: **FREE**



## WHAT WE DO:

EMPOWER YOUR  
CONFIDENCE-BASED EDGE

- Awareness and Mental Agility
- Basic, effective power strikes
- Simple and easy defenses from common attacks
- Team-building approach

“We organized a team building exercise with Aleks for our healthcare office. Participating in this seminar was beneficial as a professional, a female, and as a mother. She made the seminar super interactive and fun. I highly recommend this seminar for any business or social organization.”

— JERILYN DURST

