

**Women's Self-Defense Workshops  
Testimonials**

*This is a MUST for all women!*

~ Diane P.

Richard, thank you so much for the self-defense workshop! I learned so much, and really appreciate the personalized attention you gave all of us. And it was fun!! I had no idea how much I didn't know. There's no doubt this was the best investment I've ever made ... definitely something every woman should do! I hope to be able to learn more from you ... you're the best!!

~ Sue Rhodes

*Every woman must have this information! Richard King empowers women with the tools and hands-on practice to protect themselves if necessary. After I attended the class, I realized how unaware I was regarding my own safety. The information is presented in a simple, straightforward fashion, and anyone, regardless of size, age and fitness level, will gain a lot of valuable information. Richard is most generous in sharing his expertise and the price could not be beat. I attended the class with several girl friends, and we had a blast!*

~ Cris Potter, Age 52

*This self-defense course is designed to be safe and effective for women of all ages and levels of experience to build greater inner strength and confidence as well as the knowledge that they are physically empowered and competent to handle themselves in any situation. I love the added motivation and confidence these lessons have brought to my life. As a medical researcher and fitness professional, I highly recommend this course to any woman looking to learn the tools necessary to defend herself and feel self-reliant.*

~ Katie McLellan, Ph.D.

*I've never experienced a workout as fun, challenging and informative as your self-defense workshop. I had a great time with the really amazing group people. The ladies in the class were all so great and I truly appreciate the opportunity to learn from you. I now have more confidence and awareness of potentially dangerous situations and what to do avert trouble.*

~ Leslie Leyton, THE MIX, Cox Communications

*I cannot thank you, your staff and volunteers enough for the incredibly empowering Women's Self Defense Workshop. Instead of continuing to feel afraid about what I would do should I be attacked, I feel I have gained some very valuable knowledge about what I can do to protect myself if such a situation arose. This has given me confidence and the greatest thing of all - some precious peace of mind.*

*The class was fun, a GREAT workout, and very informative. I still am in awe of how much material we covered in those four hours and how simple a lot of the maneuvers are that are so effective regardless of my size and strength. I was touched by how supportive your team was and it meant a lot to me that you all cared so much about each of us in the class. A job well done!*

~ Darci Schriber

*I was very intimidated to join the workshop because of my age, being a woman and not having any prior experience but I realized I needed some knowledge and skills to defend myself as a single woman should the occasion ever arise, especially in this age. Within 45 minutes I realized this was an incredible experience and I went for it. Minute by minute my confidence grew and after four hours I knew I was now prepared to face any situation. My inner strength was more*

Karate Institute of America

Founder & Grandmaster: Richard Andrew King

*than I ever imagined. I absolutely recommend this workshop for all females of any age.*

~ Ellen, Age 60

*We women are typically "nurturers" or "comforters," a role which often gets misconstrued as being passive. Protecting our own safety—and that of our children—is, however, an assertive—and even aggressive—responsibility. At first, I felt somewhat shy to try the punches and kicks, but I've had a personal paradigm shift in how I view self-defense skills. I realized how they may someday save my life, and there is nothing more nurturing than knowing how to use your power in order to survive.*

*Before I had any training in martial arts and self-defense, I must admit that I was naïve as to the importance of it. I assumed that I would instinctively know what to do in a crisis situation. To be honest, though, I probably would have just frozen in fear. Our panic responses are often inefficient and ineffective. Just like CPR and swimming, self-defense techniques are life-saving skills that must be learned. For me, being a student of Kiado-Ryu has brought a feeling of strength, both inside and out, and more peace of mind. I am more aware—but less afraid—of potential threats in my environment. Now I am prepared to respond wisely and pro-actively to a potential attacker. This "confidence through competence" has also helped me better assert myself in day-to-day situations. Learning self-defense is a way to honor the value of your life, while highlighting the importance of personal responsibility. ~ Annette D.*