

NWMAF **BE BRAVE**

JULY 17-21, 2019 | NORTH CENTRAL COLLEGE | NAPERVILLE, ILLINOIS

Women's Martial Arts, Self-Defense, and Healing Arts Camp



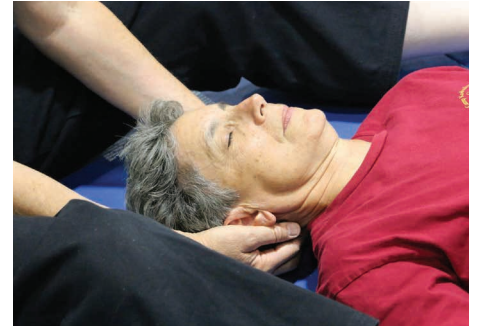
MARTIAL ARTS

A unique opportunity to train with and learn from women who share your passion for the martial arts. Many styles are represented, with beginning through advanced training available so everyone can learn something new.



EMPOWERMENT SELF-DEFENSE

For self-defense students, instructors, and those who are interested in certification. A combination of movement and lecture sessions, including a comprehensive series of skill-building classes taught by NWMAF Certified Self-Defense Instructors.



HEALING ARTS

Experience practices that promote healing, wellness, coping and personal change, led by experts in their fields, representing both Western and Eastern medicine and the internal arts.



WORLD-CLASS INSTRUCTORS

Our teachers are among the most experienced and knowledgeable in their fields. All are committed to teaching excellence and to ensuring all students have amazing experiences.



YOUNG MARTIAL ARTISTS PROGRAM

Classes and social activities designed especially for girls (age 6+) and teens.

Full Camp closed to men & boys; Super Saturday open to all genders



Sponsored by the National Women's Martial Arts Federation (NWMAF)

The NWMAF is an organization for women and girls who seek insight, strength, accomplishment, and community. We cherish our practice of martial arts and self-defense; they are our paths of self-discovery and our means of transforming ourselves and the world in which we live. All women are welcome regardless of lifestyle, sexual orientation, race, color, creed, religion, class, age, or physical condition. We find strength in each other's challenges and promote an awareness and appreciation of our differences.

Registration and more information at www.nwmaf.org