



NEARLY
1 IN
5

On average, 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the US, based on the “National Intimate Partner and Sexual Violence Survey” conducted in 2010.

**Learning self-defense can make a difference.
Enrolling in the right martial arts program or
self-defense system may help you survive an
assault.
You can fight back!**

MARTIAL YOU, a Maine based non-profit organization, wants you to survive and wants you to have a choice.

Visit us online to find out how martial arts can help women survive assaults and how you can help keep martial arts accessible to everyone in our community.

MARTIAL
YOU ™

www.martialyou.com

or

 www.facebook.com/MARTIALYOU