



# Kupale “Hawaii’s #1 Course” for

## Women & Childrens Domestic Safety and Assault Prevention

Presented by - Hawaii Zenyo JuJitsu Kai

A pending Hawaii 501 (c) (3) Nonprofit Educational Organization

### [Kupale Assault Prevention Course](#)

**Listed as a resource by:**

KOKUA Program UH-Manoa, Women’s Center UH-Manoa, Law College UH Manoa,  
Hawaii State Commission on the Status of Women, Hawaii Domestic Violence Action Center,  
Schofield Joint Military Spouses Organization, Hawaii State Programs for the Blind,  
the Queen Lili’uokalani Children’s Center, Kamehameha Schools, Boys and Girls Club, Girl Scout Troops,  
Sexual Assault Prevention and Response – USMC, Castle Hospital. The Kupale Course has been taught to;  
Hawaii family court judges, news anchors, actors, and beauty queens here in Hawaii.

**Take our ONE DAY course - 4 hours - and change your life!**

**\$75** each adult – Assault Prevention Course only (includes personal reference manual).

**\$120** mother -daughter      **\$45** each daughter (applies to children 10-17)

**Course Held: Chinatown Gateway Plaza**

(1031 Nu’uanu Ave., 2nd Floor. Parking in building on Bishop St. & an Elevator directly to the class)

**808-595-7175**

email us at: [KupaleHawaii@gmail.com](mailto:KupaleHawaii@gmail.com)

**Visit our Web Site at**

[www.kupalehawaii.com](http://www.kupalehawaii.com)

Visit us now on Facebook for up-to-date events:  
[www.facebook.com/pages/Kupale-Hawaii-Womens-Defense-a-monthly-Assault-Prevention-Class/273226018920](http://www.facebook.com/pages/Kupale-Hawaii-Womens-Defense-a-monthly-Assault-Prevention-Class/273226018920)

The current Kupale Women & Childrens Domestic Safety and Assault Prevention Course has been taught to THOUSANDS of Hawaii's women and girls over the last 18 years. It consists of one afternoon course of intensive self-protection, self-defense training, and assault prevention, in an easy session with regular breaks. You will receive individual instruction and will be provided the course manual. Many employers will reimburse employees when presented the "Kupale Certificate of Completion" after successful completion of the course.

The instructor, author and CEO of the Hawaii Zenyo JuJutsu Kai Martial Arts College, is 8th degree Black Belt Steven J. McLaughlin, Professor. with 48 years experience teaching Assault Prevention/Self-Defense. He also holds Black Belts in Judo (4th dan), Aiki-Jitsu (2nd dan), Hawaiian Karate(2nd dan). A Master Locksmith, Master Gunsmith, Bladesmith, Firearms Instructor, Executive Security Expert, Bodyguard and Computer Security Expert, he has been written up in numerous magazines, web pages, articles and books.

Professor McLaughlin, earned a nationally accredited Masters Degree in Oriental Medicine, and is a licensed Acupuncturist, trained in Herbs, modern Pharmacology, X-Ray and Blood Test interpretations, Massage Therapy, Psychology, along with Joint, back and neck manipulations - and more.

The co-author Dr. Linda Anngela Cole, a recognized Women's Self-Defense Instructor, with Black Belts in DanZan Ryu Jujitsu and Taekwondo has a Ph.D. from the University of Hawaii in Social Welfare. A Licensed Social Worker, she teaches graduate Social Work courses in Research Methods, SW practice with individuals, families, and groups, and Human Behavior in the Social Environment. Dr. Anngela Cole has written valuable personal social interaction guidelines for the comfortable and successful learning methods that our course is so well known

The afternoon sessions consists of 30% lecture and discussion and 70% physical techniques. We start off with easy warm-up exercises, followed by personal instruction in Self-Protection. The student then continues on to individual instruction in Self-Defense techniques. Self-protection consists of methods to keep you from hurting yourself, and self-defense emphasizes techniques to use in the event of an attack. Training is done in a controlled, safe, slow, environment until the techniques can be performed realistically.

You will learn how to assess, avoid and escape many situations. You will learn how to settle feelings of fear and panic, use assertive voice control, a parking lot "field trip", and plenty of Self-Defense practice. There is no substitute for realistic practice of actual self-defense techniques.

You will also learn over 30 different safety subjects from assault prevention, to defending from a dog attack, changing a flat tire in 10 seconds, anti-kidnapping, first-aid, advice on mace, pepper spray, how to make a police report, how to work with a sketch artist, and MUCH MORE! Your own Safety Booklet included!

# REGISTRATION FORM

Register for our ONE DAY – 4 hour afternoon - Assault Prevention Course

(This single afternoon course is 4 hours –with hourly breaks)

**Chinatown Gateway Plaza, 1031 Nu’uanu Ave.**

Call 595-7175 – or Email kupalehawaii@gmail.com

**\$75 per person – Includes Course and Personal Safety Manual.**

**\$120 Combination of Mother and daughter- \$45 per daughter (children 10-17)**

Tell your friends, neighbors and relatives. Finally a Women’s Assault Prevention Course relative to how we live in Hawaii! We encourage mothers and daughters, Aunties and nieces, Grandmothers and grandkids (children should be at least 10 years old.)

Please arrive early. The course starts PROMPTLY at 1:00 PM. The afternoon course is made up of a single 4 hour session with regular breaks. **NO Drop-ins or casual observers please.** The course consists of 30% lecture, and 70% practice.

You do **NOT** need to be in good physical condition to take this hands-on course!

Wear loose comfortable clothing that covers your knees. You will need to bring water, a small towel, and an umbrella, and socks to wear for the course (no shoes please).

**Please do not wear ANY jewelry during the course (especially ear-rings or facial jewelry).**

Please fill out the form at the bottom of the sheet, and mail it **5 days before the course:**

Make out your Check to: Steve McLaughlin  
Send your registration to: Kupale – WAPC - Office  
2843 Park St. - #A  
Honolulu, HI 96817

Please note OFFICE address is DIFFERENT than the course, please – “do not” mail to the course site at Chinatown Gateway Plaza.

The cost of the course is **\$75.<sup>00</sup>** per person. **\$120.<sup>00</sup>** mother-daughter.

**\$45.<sup>00</sup>** (each daughter, 10-17 yrs old)

Please do not send cash, traveler’s checks or credit card numbers.

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## MAIL-IN REGISTRATION FORM

Kupale Women’s Assault Prevention Course – include DATE of Course \_\_ \_

(\$75 - single only\* or \$120 M/D \* \$45 – each daughter) Please PRINT EMAIL and PHONE LEGIBLY

NAME(s) \_\_\_\_\_

Email(s) \_\_\_\_\_

PHONE(s) \_\_\_\_\_

Check included (Y/N)?

If check is for more than one person – how many?

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