



**WomenRock! Self Defense Class  
Presented by GetAGripChicago  
September 12, 2007**



I am an executive member of the Affinity Group WomenRock! at USG. Our group decided that we wanted to have a self defense class at our corporate office to help our employees learn how to be more aware of their surroundings and how to protect themselves if they are in a threatening situation. We found out about GetAGripChicago through a search on the internet. I did quite a bit of research and considered several Chicago organizations. However, from the information provided on the GetAGripChicago website and the positive attitude I received from the staff, it was evident GetAGripChicago was the perfect organization to bring in to lead the Seminar.

We held four one hour sessions in our downtown office. The class was led by Ron Carroll, Jon Houle, and Jessica Brodsky. We covered several important topics such as crime statistics, prevention tips, and an introduction into the concepts of memory-muscle and muscle-memory. The class was not only extremely interesting and useful, but GetAGripChicago made the event fun! Each session was exceptionally interactive. A section of the class time was filled with Q & A where the participants were able to ask about how to handle situations they felt were most personally threatening.

We will definitely utilize GetAGripChicago for future corporate events. They were extremely easy to work with. They had several different class options to choose from and gladly worked with all of our requests.

Thanks again!

Wendy Rank  
WomenRock! Executive Committee  
USG Corporation