

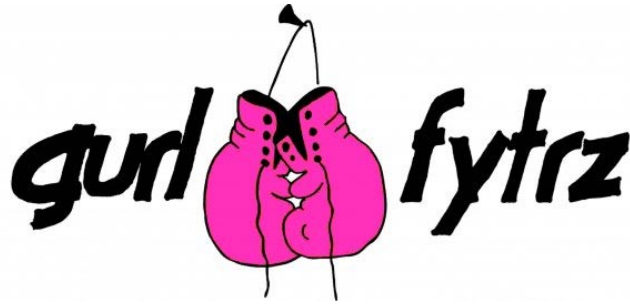
***GurlFytrz® (GirlFighters®), is a Non-profit girlfriend to girlfriend effort to fight domestic abuse & empower women with strength, self confidence, and independence, yet live life with passion, grace and style.***

We are helping each other more through friendships, spirituality, groups we are involved with together, and tragedies we move through together. We are realizing we can do this damn journey because we have angels to pick us up when we are down, we have best friends we can call and cry to, and they listen. We are supporting each other more now than before.

We are becoming stronger but more compassionate, independent but not bitter about it, passionate in what we do, because we are learning to believe in ourselves as women, and because of all this we are becoming more successful at our jobs and better mothers, even if we are single. We are having better relationships, because we deserve the best, and demand it. We are all on our own journeys, and we are strong, independent fighters of OUR lives, "GurlFytrz." We are capable, and the world is watching us move up to another level now, yeah right now...

Women these days need to keep a positive attitude at all times with work and personal challenges. Nothing will slow me down. Second place is not an option! I am not just talking about sports, but life in general. To be the best mother, the best at your job, to have the best communication with your loved ones, to obtain confidence in areas of your life that make you feel good, so others look at you and say, "She is a fighter" ...a GURLFYTR!

I feel one of the most empowering things we can do as women are set great examples for our children. Especially, our teen girls. Get and stay fit, learn to defend yourself and your families through mind body and spirit. Eat healthy, nurture good relationships, get out of bad relationships. Be involved as a family even if your children do not live in your house, family dinners-family outings, family vacations. My kids are grown and we run our karate schools together and although it is very fun to work together we absolutely have to spend other time together outside of work to keep that balance. They really appreciate coming to the "Ranch" for family time it helps keep our "unit" as a family. We



are fortunate to have a healthy family, my son is s personal trainer so he brings that element into the school by creating 30 minute warm ups that literally “kick your butt”. All the kids want to be strong like him so they try very hard to be fit which in turn goes into their households again by “setting an example” Who wants to see an overweight Black Belt standing in front of class then barking out exercises while he stands and watches....that is not setting a good example.

### **How you can help our Organization “Spread the Word”**

- 1) Link to our website.
- 2) Become an affiliate business or Karate school.
- 3) Buy our clothes; all proceeds go to the Non-Profit.
- 4) Become a member.
  - All this can be done through our website [www.gurlfytrz.com](http://www.gurlfytrz.com)
  - Memberships are \$30.00 per year and you receive a t-shirt-window cling-certificate and member card. Business and Karate School affiliates receive website recognition, certificate; and Non-Profit benefits.
  - To inquire e-mail [info@gurlfytrz.com](mailto:info@gurlfytrz.com)

### **Contact GurlFytrz Non-Profit:**

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