

WOMEN'S SELF-DEFENSE

Sat., August 2nd

11 am - 1 pm

\$25.00 / person

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PRACTICAL SELF-DEFENSE

This hands on course is for all ages and levels of physical fitness. The methods are safe and are tailored to each individual.

A variety of escapes, de-escalating verbal strategies and boundary setting, strikes to vulnerable targets with appropriate amounts of force, as well as environmental assessing are presented, which aid in developing an overall safety plan.

"What if" questions are welcome, as we assess options and explore awareness and individual strengths. Participants learn how to use leverage, circular motion and momentum as a means of escape as opposed to "brute strength". The goal of this session is to put together a "toolbox" for self-defense and learn to escape safely from any environment or situation.

Please wear loose, comfortable clothing.

Seminar Location: Mattevi's Martial Arts Academy • 102 Belknap St Superior, WI 54880 • 715-395-5425
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