



WOMEN'S SELF-DEFENSE WORKSHOP

In today's world, self-defense is not just a skill; it's a necessity. Our Women's Self-Defense Workshop offers a safe and supportive environment where you can learn essential techniques and strategies to defend yourself. Led by experienced instructors, this workshop focuses on empowering women of all ages and fitness levels with the tools they need to stay safe and confident.

What You'll Learn:

Awareness and Prevention:

Understand how to recognize potential threats and avoid dangerous situations through heightened awareness and effective communication techniques.

Basic Self-Defense Techniques:

Learn fundamental strikes, blocks, and releases designed to help you break free from grabs, holds, and attacks.

Assertiveness and Confidence Building:

Develop the mindset and confidence to assert yourself in confrontational situations and effectively set boundaries.

Use of Everyday Objects for Defense:

Discover how ordinary objects can be used as improvised weapons to defend yourself if needed.

De-Escalation Techniques:

Gain insight into how to defuse tense situations and navigate conflicts peacefully whenever possible.

Friday, April 5th

5:30-7:30pm

**Stateline Family YMCA - Ironworks
KNUEPPEL FAMILY MULTI-PURPOSE ROOM**

Members

\$20

Community

\$30



www.statlineymca.org/defense