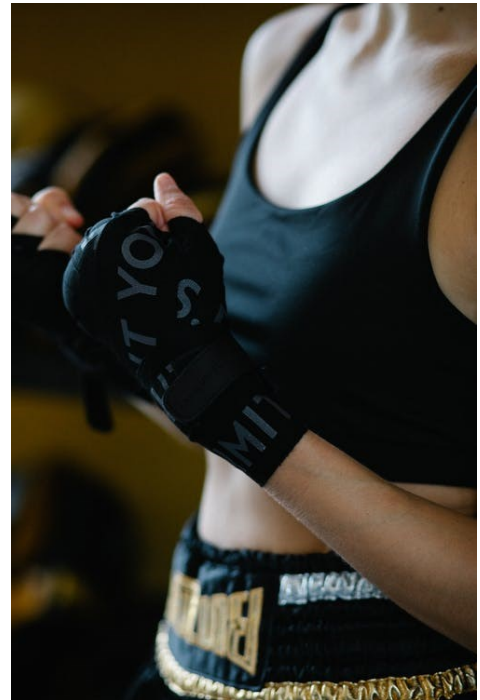


# Women's Self Defense Seminar

March 26 & 27 Bayside Fire Department



- \* Two 4-hour training sessions
- \* 8:00am to 12:00pm and 1:00pm to 5:00pm
- \* Personal Protection Skills & Real Life Scenario Training
- \* \$85 per person
- \* Open to ages 16 and up

**Learn Self Awareness and Personal Protection Skills in a Safe and Relaxed Environment**

## Topics Covered Include:

- ◆ Defend from being grabbed from behind
- ◆ Avoid being taken down to the ground
- ◆ Escape from underneath someone pinning you on the ground
- ◆ Situational Awareness
- ◆ Self De-Escalation Techniques



Sponsored By



To Register, Contact Fred Katelnikov

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