

Women's Self-Defense Class

Ages 16+

Saturday, April 27 from 1:30-3:00

Presented by Sifu Elliot Leung of Club Kung Fu,
this class will cover the following:

- 1 - Situational awareness - discussion on what to look for, how and where to park your car, any legal defensive weapons you may consider.
- 2 - Verbal, visual and mental - this is to set up boundaries and to assess the threat if any.
- 3 - Strikes - if physical persuasion is necessary, we teach the best way to use palms, elbows & knees.
- 4 - Situation defense – defense against chokes and grabs.

Registration is required.



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