



WOMEN'S SELF-DEFENSE CLASS

WOMEN'S SAFETY & AWARENESS TRAINING

Basic Practical Self Defense For All Women from teens to seniors!

Topics to be discussed:

- Recognizing potential threats & basic prevention
- Awareness of your surroundings
- Identifying different avenues to escape danger
- Evaluating potential danger & making crucial decisions
- Identifying & utilizing obstructions & barriers for safety
- Tips for avoiding physical confrontation
- If physically confronted, how to stop the attack
- Identifying personal weapons of opportunity

Wear comfortable clothes & footwear as you will learn and practice hands-on techniques to defend yourself with striking and kicking pads.

WHEN: Saturday, June 6, 2015

WHERE: Clover Community Center

120 Bethel Street

TIME: 9am - 11am

Class being taught by Master Brian Boling; a 20+ year veteran and trainer of Law Enforcement. Additionally, he is also a highly experienced instructor in Pressure Point Control Tactics (PPCT), as well as completed training in Hand-to-Hand combat by the United States Marine Corps.



Sponsored by Town of Clover



ENG SCHOOL OF SELF DEFENSE



DON'T BECOME A VICTIM!

* * Space is limited * *

Call **NOW** to register.

For additional information
or to register, contact
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or via email at
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