

SELF DEFENSE FOR WOMEN



**Saturday,
Nov. 18
4–8 pm**

In this 4-Hour workshop, you will:

- Learn powerful strikes that work against a stronger opponent
- Practice defensive moves and escape tactics
- Gain actual experience defending yourself against an attack in a safe environment



Developed in Brazil, this curriculum was especially designed to give women the skills and confidence they need to stop a real-life attack.

Location:

Unified Police/Sheriff's Office Training Center
3365 South 900 West
Salt Lake City, UT 84119

When: Saturday, Nov. 18, 2017, 4–8 p.m.

Cost: \$40 Early registration: **\$30**

(Register by Nov. 11 for the discount rate)

More info or to register: <http://aikidosaltlake.com/defense> or call 385-245-3952



Workshop brought to you by Aikido of Salt Lake and delivered by the Tachibana Institute of Aikido under the auspices of the Maruyama Institute of Aikido.

