



Women's Self Defense Classes

Sheroan's Taekwondo Academy

Tuesday and Thursday mornings, 10:30 am to 11:30 am
For Adult women, age 18 and up
Cost: \$50 a month
Taught by Women for Women

WHAT DO WE TEACH?

- Simple and very effective techniques that are easy to learn AND retain
- How to get away from an attacker with the least amount of contact and danger to yourself

WHAT WILL YOU LEARN?

How to:

- Be aware of your surroundings
- Present yourself so that you don't look like an easy target
- Recognize an unsafe situation and how to avoid one
- Best handle yourself when confronted
- Decide on the best course of action
- Defend yourself with common objects that you carry



YOUR PHYSICAL ABILITY DOES NOT LIMIT YOUR USE OF THESE TECHNIQUES!

There is nothing mysterious about preventing and deterring crime. The easiest way to prevent crime is to avoid it, by not giving criminals the opportunity to perpetrate their crimes against you.

Most criminals are looking for an easy target to victimize. The more obstacles or adverse factors you place in their path, the less likely criminals are to target you.

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