



WOMEN'S SELF DEFENSE COURSE

Sunday, May 26, 2019
1:00 PM TO 5:00 PM

- Location:** The Summerville Family YMCA (at The Ponds), 101 Pottery Circle, Summerville, SC (Phone: 843-771-2934)
- Description:** This course is designed to provide women with basic understanding of self-defense and practice in the skills required. This course is excellent for those who live or work in a high-risk area or those who simply wish basic self-defense training.
- Instructor:** Tom Reiff, 8th Dan (Eighth Degree Black Belt), Master Certified, is the Head Instructor of Charleston Martial Arts with over 50 years of Martial Arts experience, and has taught women's self-defense for over 35 years.
- Fee:** \$30 per person. Must be 11 Years old or older.
- Dress:** Loose fitting clothing appropriate for exercising (running suits, sweats, etc.) is recommended.
- Format:** Included are methods of escape and defense, use of weapons, psychology of an attacker, and actions that can be taken to reduce the probability of attack, how to harden your home to attack, what to tell your daughters, three main stages in acquaintance rape, and more

*Space is limited. Be sure to sign up before class is full.
Register at the Summerville Family YMCA (at The Ponds)*

FOR MORE INFORMATION CONTACT:
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