

WOMEN'S / GIRL'S SELF-DEFENSE AND EMPOWERMENT PROGRAM

Pre-Teens ages 8 – 12 Young Ladies ages 13-20 Women's program over 21



This self-defense and empowerment program is specially designed to help young girls learn a number of techniques to protect themselves if placed in a dangerous situation, how to avoid potentially unsafe circumstances, repel the bully atmosphere and empower them with self-confidence and the self-discipline to help them make good decision that will resonate in their growth through the teenage years.



Girls will learn about bullying to consider various age appropriate concerns, such as about what is bullying and how to diminish the power of bullying

Participants learn to defend themselves from attacks with a number of realistic and practical techniques that young ladies can successfully use to fend off potential attracters. They will learn the power of intent, their voice, and being aware of their surrounding as well as how to recognize questionable situations, being self-advocates and a variety of ways to say no and to believe in their self-worth.



Registration is \$85.00 for the 5-week course. (Group rates are available.)

Courses are schedule periodically throughout the year. Class size is limited to 10 participants.

Offsite programs are an option.

Also offered is the 2 day (3 hour) Women's Self-Defense and Empowerment Program

for women 21 and over which offers a wide array of techniques, resources and social connection designed specifically with their needs and concerns in mind.

This program is followed by power hour social visit, refreshments are provided.

Cost is \$75.00 per person for the 2 day / 3 hour program

limited to 6 participants per course.

Instructed and developed by 4th degree black belt
Certified instructor in Isshin-Ryu Karate, Rhonda Taylor

