



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GAIN SECURITY & PEACE OF MIND

Women's Self-Defense Class RICHMOND HILL YMCA

This Women's Self-Defense Class, will help give you the security and peace of mind in knowing that you can dramatically increase the chances of surviving/avoiding a violent attack. The ability to protect yourself, your friends, and your family from dangerous situations is priceless.

- Cost: YMCA Member \$45
Non-member \$55
- Age: 14 and older to participate

WHEN: Saturday 10:00-11:00am

- Please wear athletic style pants and shirt

LOCATION: RICHMOND HILL YMCA
154 Thunderbird Drive
Richmond Hill, GA 31324
(P) 912.756.5856
(W) www.ymcaofcoastalga.org





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Course Description

This self-defense course has been designed specifically to empower women with the skills, tactics and strategies to avoid and/or survive a violent situation.

Below, is a small glimpse of the skills you will learn in your self-defense course:

- o How to read body language
- o How to avoid a violent confrontation
- o Strategies to trick your attacker
- o Learn to disable your attacker by utilizing your strengths against the attacker's weaknesses
- o How to escape the most common grabs and holds
- o Defense against the most common strikes
- o Extensive training about survival on the ground
- o What to do when the unthinkable happens.