

SELF-DEFENSE *for Women*

A new way of learning.....

Our Women's Self Defense Workshop is structured around 4 steps, together they form the word SAFE.

SITUATIONAL AWARENESS

Know your surroundings. Be aware of where you are walking or driving. Look around frequently to see who is approaching you. Listen to your intuition. Don't be overly distracted by your cell phone.

ASSERTIVENESS

Confident posture. Eye contact. Feeling strong and powerful. Knowing your self-worth. Not accepting or inviting abuse of any kind.

FIGHTING BACK

The majority of the class will focus on this worst case scenario. This is when you get to a bad situation due to lack of awareness or surprise, and talking and/or avoidance didn't work. We will focus on simple and effective strikes repeated in different scenarios with various attacks. You will learn to use everyday objects as weapons, when to look an assailant in the eyes, and when to avoid eye contact, how to make a lot of noise and finally, how to escape.

ESCAPE

Look at your surroundings. See where the best escape routes are. Look for potential allies and make lots of noise to call attention to the situation. Look to see if there are more than one assailant.

Call to set up a private group class. Public workshops will be posted on our website and facebook. 707-778-1069 mr.c.pama@gmail.com



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