

# Women's SELF-DEFENSE WORKSHOP

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Learn quick & easy defensive moves, Learn to recognize potential threats, Role playing, Hitting, Kicking, Blocking, Running, Use everyday objects as weapons, Safe, fun & effective self-defense.

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## Be **SAFE** Program:

**S**ITUATIONAL AWARENESS

**A**VOIDANCE / ASSERTIVENESS

**F**IGHTING BACK

**E**SCAPE

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**When:** Saturday, December 9th, 11:30am - 1:30pm

**Where:** Petaluma Academy of Martial Arts

**Who:** Women of All Ages

**Cost:** \$45 per student

**Pre-Registration:** Email [Mr.C.Pama@gmail.com](mailto:Mr.C.Pama@gmail.com)

Phone 707-778-1069, ask for Dan

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PETALUMA ACADEMY OF MARTIAL ARTS

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778-1069 [www.pamakarate.com](http://www.pamakarate.com)

Daniel Cuthbertson, Owner & Senior Instructor, Since 1979