

Learn how to Enforce NO!

Self Defense for Women and Teen Girls

Close Quarter Combat

How to Escape from a Choke, Hair Grab and Bear-Hug Attack

This workshop will cover Standing Close Quarter Combat – Defense against a choke, hair grab and bear-hug grab. How to stay on your feet, strike, and escape to safety.

Workshop syllabus:

1. How to build a strong base and a powerful fighting stance.
2. How to create a defensive frame against the attacker when they grab.
3. How to strike vulnerable targets on the attacker.

**All training drills will be geared towards the skill and energy level of each participant.
“You will discover which tactics are specifically Best for You.”**

Date: Saturday, February 17, 2018

Time: 1:00 – 3:30 pm

This is an excellent, hands-on workshop for people that work at night, travel, or for your dating, or college-bound daughter.

- **\$30 per person if pre-registered**
- **\$25 for current students, or family members of students**
- **\$20 for previous participants**

Add \$10 if registering on the day of workshop; based on space availability.

Maximum of 20 students. Ages 13 and older.

You may register online at <http://MoyMartialArts.com/WSD>

This workshop is based on Self-Defense principles that are simple, powerful and effective. No prior training is necessary. Mark Moy is the Head Instructor of Moy Martial Arts & Tai Chi Academy in Vancouver, WA. Mr. Moy is also the Director of Self-Defense Professionals and has taught Martial Arts for over 25 years.