

# How to Attack the Attacker and *Enforce NO!*

## Self Defense for Women and Teen Girls



### Topics covered in this workshop:

- Defense against a two-handed Front Choke to the throat.
- Defense against a two-handed Rear Choke to the throat.
- Defense against a Headlock and Rear Choke.
- How to maintain your balance and Strike with Power from these positions.
- How to attack 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, May 5, 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.