

GROUND-FIGHTING TACTICS

Self Defense for Women and Teen Girls



Topics covered in this workshop:

- How to stay on your feet when the attacker tackles you.
- How to kick when you're on the ground, and get back to your feet.
- How to escape from the bottom when the attacker is on top of you.
- How to attack vulnerable targets on the attacker.
- Escape to Safety Scenarios.

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 15, 2020

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.

- **\$35 per person if pre-registered**
- **\$30 for current students, or family members of students**
- **\$25 for previous participants**

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

Maximum of 14 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.

How to Attack the Attacker and *Enforce NO!*