

Join our 6-week self-defense training program designed exclusively for women of all ages! Learn practical techniques, boost your confidence, and build the mental strength to face any situation.

EMPOWER • PROTECT • OVERCOME

- BASIC & ADVANCED SELF-DEFENSE MOVES
- SITUATIONAL AWARENESS & RISK AVOIDANCE
- ESCAPE STRATEGIES FROM GRABS & HOLDS
- CONFIDENCE-BUILDING & ASSERTIVENESS
- LEGAL RIGHTS AND SAFETY TIPS

