

WEN DO

WOMEN'S SELF DEFENCE

October 22-23 2022

This two day course offers girls and women of all ages and abilities the opportunity to practice easy to learn, easy to remember physical and verbal self defence techniques.

The course teaches women and girls (10 years and older) responses to common assaults., such as wrist and arm holds, choke holds, bear hugs weapons defence, ground and bed defence and gang and swarming situations.

Effective blocks, strikes, verbal self defence are a major component of this course. Additionally we include self defence situations related to outdoors, public transit, private vehicles, home, work and school safety.

In an environment that recognizes and celebrates our diversity, we talk about violence against women and children breaking down the myths of who, where, why assault, harassment and abuse happens. We work to increase personal Awareness and confidence to promote avoidance and action.

9 AM to 4:30 PM

Contact: alicia.poole@carleton.ca to register

Location on Campus, TBD

Masks will be required

Free parking on-campus is available.

Light refreshments will be served during breaks.