

# SELF DEFENSE CLASS

**Thursday, April 25, 2024 @ 1:30 - 3:00pm \*FREE\***

**Location: Pacific Beach Recreation Center**

**Registration: RSVP by emailing [gvazquezvarg@sandiego.gov](mailto:gvazquezvarg@sandiego.gov) or calling Fernando at or 858.581.9927**



## **This class could make a difference! Open to All Ages!**

As we get older, we may feel more vulnerable as some senses such as sight and hearing start to decline. However, vulnerability is more a state of mind than of body. After this presentation, you will walk out with the same body, but you will certainly be less vulnerable. Knowing what to do, when to do it, and how to do it, makes all the difference.

Learn to protect yourself at this presentation where you will hear awareness and prevention strategies for seniors, including the pros and cons of pepper spray, using household items as improvised weapons and using a cane to defend yourself, called "Cane Fu." You will be shown techniques to defend against those attacks most likely to occur during an assault: wrist grabs, chokes, holds, etc. Whatever your age or physical ability, these techniques are simple to learn, easy to remember, yet effective enough to incapacitate an attacker. Leave this class feeling empowered, knowing that your best weapon against assault is your own body.

**Instructor: Gale Bryan** Facebook at Gale Bryan: Every Woman Can, Self Defense for Women

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