

ALL AGES SELF-DEFENSE CLASS

Wednesday, March 18 1:00-2:30 PM

Pacific Beach Recreation Center

FREE PROGRAM! Register www.sdreconnect.com

ACTIVITY NUMBER: 130489



In this non hands-on presentation you will learn awareness and prevention strategies for all ages, including the pros and cons of pepper spray, how to use household items as improvised weapons and how to use a cane to defend yourself, called “Cane Fu.” You will be shown techniques to defend against the most common attacks: 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.