

Even if you have no experience you can learn to protect yourself.

YOU CAN DO IT!

WHAT YOU'LL LEARN:

- What are my natural weapons?
- What are my targets?
- How do I strike properly?
- How can I keep from panicking?
- What if I'm pinned to the ground?
- What if I'm being choked?
- How do I get a man twice my size off of me?
- What if someone grabs me from behind?
- What if I'm pushed to the ground?
- What do I do if someone pulls my hair?
- What can I do when I'm on the ground?



FREE Female SELF-DEFENSE Course

WHEN: Thursday, July 25, 2019

TIME: 8:00am—5:00pm

WHO CAN ATTEND: Females of ANY Age!

SPONSORED & HOSTED BY:

St. John Sheriff's Office & Louisiana Federal Credit Union

Pre-Registration is Required!

Please call Lt. Denise Bertrand (985) 359-8685

**** Location will be disclosed at registration**

