

Women only Self-Defense

Presented by the Junior Woman's Club of Verona

Saturday February 8, 2014 2pm to 4pm

Verona High School Cafeteria

\$25 per person



A Women only Self-Defense Seminar will be held on Saturday, February 8, 2014 from 2pm to 4pm in the cafeteria of Verona High School (151 Fairview Avenue, Verona). The seminar is being sponsored by the Junior Woman's Club of Verona and Project Safe Kids NJ. The cost is \$25 and the class is limited to 24 women. Participants should wear comfortable clothes.

This seminar teaches women how to defend against common attacks such as chokes, grabs, bear hugs, and when confronted by a weapon. Realistic scenarios and defenses will be emphasized, including sexual assault, home invasion, robbery, and other violent crimes. The importance of being aware of one's surroundings; simple, effective, and proven techniques to fend off an attacker with punches, elbows, knees, and kicks. The program incorporates training methods on how to respond both mentally and physically in a time of need, minimizing the danger of "freezing" or "shutting down" in confrontations.

The seminar will be taught by Eric Basek of Blue Titan Fitness and Self-Defense (bluetitanfitness.com). Eric is a former police sergeant and SWAT officer who teaches Krav Maga self-defense to both civilians and the law enforcement community.



Space is limited to 24 women!
Register today:
(203) 872-7577
caruso@psknj.com

The Krav Maga Women Only Program has been carefully developed with valuable input from law enforcement officials, criminal prosecutors, psychologists, physicians, and rape prevention counselors. Women can RSVP and register by calling (203) 872-7577 or caruso@psknj.com.