

Self-Defense

SELF-DEFENSE

Everybody has the right to feel safe and to protect themselves from attackers. However, the average person does not know the basics of self-defense to protect themselves from an attack. Safety and survival in today's world requires a definite course of action. Whether you are going away to college, love exercising outdoors or just want to arm yourself with the tools and confidence to protect yourself in everyday surroundings, this is the class will give it to you! This class is a comprehensive course, designed for everyone, that begins with awareness, preventions, risk reduction and avoidance, while progressing on to the basics of hands-on defense training. Participants age 12 and up are encouraged to attend this class. It's never too early to think about personal safety! This class is taught by active police officers with martial arts background.

Topics covered in class are:

- Situation awareness
- How to defend from a frontal attack
- How to defend from a rear attack
- How to defend against unarmed attacks
- How to defend against armed attacks
- How to defend against multiple attackers
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53062

Wednesdays

6/13 - 6/27

6:30 - 8:30 p.m.

Perrysburg

\$69



OWENS
COMMUNITY COLLEGE

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SELF-DEFENSE CLASS

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