

Women39s Self Defense by A Certified Female Instructor (Anandale)



Location **Washington**
<https://www.genclassifieds.com/x-563266-z>

Real life training for real situations. Do you Walk Alone? Don't be surprised by surprises!

Certified self-defense/Krav Maga instructor offering private instruction or group workshops and seminars. Youth, Adults, Women Only, Anti-Abduction, Anti-Bullying and more!

Prices start at \$25 per lesson and vary on group size, duration and length of time and number of sessions. You will also have additional training opportunities at the Instructors main studio!

What we'll cover:

- *Basic Striking Using Hands, Elbows, Knees, & Legs
- *Defending Strikes
- *Releases from Chokes
- *Releases from Headlocks
- *Releases From Bearhugs
- *Releases from Wrist Grabs
- *Using Common Weapons for Self-Defense
- *Defending Yourself on the Ground
- *Dealing with Stress
- *Developing the Proper Mental Attitude

Please contact to learn more about instruction, certifications and course.



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