

Learn Self-Protection strategies and Self-Defense techniques for you and your friends!

WOMEN AND GIRLS SELF-DEFENSE SEMINAR

A Safety, Personal Protection and Self-Defense Seminar for teens and women.

Be Empowered!!

Statistics show that as a women or teen girl you are at greater risk of some kind of assault. This seminar will provide a basic knowledge of simple and proven techniques for safety and survival in today's world. Safety requires that you be aware of strategies for self-protection and what to do to evade and/or escape an assault. Our self-defense class strives to increase your chance of survival by utilizing simple, effective, and proven self-defense tactics and techniques. In this class you will learn:

- ~Practical Self-Defense - practical and effective self-defense techniques and tips.
- ~Increased Awareness - what to do in dangerous situations.
- ~Effective Escape Techniques - how to get away quickly.
- ~Crime Prevention - how to minimize the chance you will be attacked.
- ~Using Your Body as Your Weapon – give yourself a fighting chance.



Seminar Fee:

\$15.00

Cash, check, Venmo,
Zelle accepted

Location:

Arizona Agatsu Dojo Aikido and Karate

939 W Camelback Rd. Suite 110

Phoenix, Az 85013

Time: 1:00pm-3:30pm

When: Saturday May 30th, 2026

Contact Information or to pre-register:

Raymond Perales, Instructor

505-382-1963

Rperales117@gmail.com

**please wear comfortable clothes for light physical activity*