

SELF DEFENSE FOR EVERYONE

Don't be a victim.

Fight Back!



This class could make the difference!

Every 68 seconds in America a woman is raped. Estimates are that 1 in 6 women will be raped in their lifetime. Last year, 309 rapes were reported to the San Diego Police Department. That is almost 6 per week. There were 1,224 reported violent crimes against seniors. That is 8% higher than last year. Men are more often the victims of violent crime so this presentation is applicable to both genders.

Learn to protect yourself at this non-hands-on presentation which covers awareness and prevention, the pros and cons of pepper spray, how to use household items as improvised weapons, and how to defend yourself with a cane, called "Cane Fu." It includes a demonstration of techniques to defend against those attacks most likely to occur in an assault situation: wrist grabs, chokes, holds, bear hugs, hair pulls and how to fight from the ground. A question-and-answer period will be included. Whatever your age or physical ability, these techniques are simple to learn, easy to remember, yet effective enough to incapacitate an attacker.

Leave this class feeling empowered, knowing that your best weapon against assault is your own body.

Tuesday Oct 22 3-4:30 pm FREE Ages 11+

Pacific Beach Recreation Center, 1405 Diamond, San Diego, CA 92109

Register today online at sdreconnect.com Activity Number #118531

Sponsored by The City of San Diego Parks and Recreation Department

Facebook at Gale Bryan: Every Woman Can, Self Defense for Women

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