Information Self-Defense for Women
2017/2018

General information

Also this year we organize the course Self-Defence for women. This 8 week course is designed to make you more aware, prepared and ready for any situation that may occur in your everyday life. The emphasis lies on how to avoid physical contact a confrontation verbally and psychologically. You will learn the power of body language and non-verbal cues. Each lesson will have a mixture of safety discussion and physical techniques such as strikes and escapes.

Location: Dojo

Starting date: 2 times per year: 14-11-2016 and 06-02-2017

Duration: once per week 60 minutes for one quartile.

Lesson schedule: Tuesday 17:00-18:00

Clothes: Comfortable clothes

Goal: to increase your self-confidence in challenging circumstances.

Costs: €10,-

Enrolment procedure: You can register by going to our website, log in and go to 'course registration'. The registration is open two weeks before the starting date on Mondays around 12h00.