Women’s Basic Self-Defense Class

Saturday, January 26th
From 8am-1pm

All ages welcome
Members: $20
Non-members: $30

Location: Doyle Center

Class is limited:
Pre-Registration required by January 19, 2019

Instructor:
Sgt. Damon Knapp of the Sturgis Police Dept.

This 1-Day course will cover the following: basic awareness strategies, the behavioral patterns of criminals, situational recognition, personal behavioral assessment, methods to identify criminal vulnerability, types of violence, and the criminal’s mindset, while physically learning simple counter-measures against how predators commonly attack women.

We will provide realistic self-defense experiences so students can begin to develop their defense and the selection of appropriate options.

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