

# INTRO TO WOMENS SELF DEFENCE



## DAVE DEGROUCHIE "FREE SESSIONS"

A little background on me: studied martial arts/combat sports for over 3 decades. Taught classes on and off over that time, kind of "retired" from that now, due to not having the time, or resources, to keep a "school" running. Lots of expense, very little return. Back in 2000, I authored a women's self-defense certification program, which was picked up well in the martial arts community.

Nowadays, I consistently train, but am only interested in coming out of the woodwork once in a while, to offer something for free. Always been a huge advocate of self-protection.

Anyhow, a 3-week mini-program would cover the following:

Session 1:

- Introduction. Cover different types of violent encounters, what self-defense is, and the law and self-defense.

Session 2:

- Cover behaviors and awareness, as well as self-defense tips and tools.

Session 3:

- Cover mental and emotional self-defense during, and after an encounter.

Looking forward to talking with you further.

Dave will have his first session on Aug 25, 2018 @ 1:00pm in Jacks room at the Rec-centre in Belledune.

**Please come out and see what its all about! Depending on turnout he will run sessions 2 and 3!**

**Any questions please call Darrell Culligan @ 506-520-9322**

