

WORKSHOP

SELF-DEFENSE



Empower yourself...

Learn Personal Protection!

Don't be a victim! Learn realistic and practical defensive methods for breaking free from an attacker. The focus is on simple and effective techniques. Physical drills and scenarios, both standing and on the ground, taught by 5th Degree Black Belt of Shotokan Karate of America, Hiroko Mori.

SELF-DEFENSE WORKSHOP

DAYS:

TIME:

LOCATION:

Wear comfortable clothing.

Parent consent in writing (**signed & dated**) needed for age 18 and under.

This is a
FREE class

open to all students, staff,
faculty and their family
members age 10 and older.



Shasta College

www.shastacollege.edu

Shasta College is an equal opportunity educator and employer.

Campus Safety

(530) 242-7910