

# INTRODUCTION TO WOMEN'S SELF-DEFENSE

**SATURDAY MAY 19th, 2018**

▶ MORNING SESSION: 8AM - NOON

OR

▶ AFTERNOON SESSION: 1PM - 5PM

▶ **REGISTRATION**

SEND EMAIL TO: [SCSOTraining@spokanesherriff.org](mailto:SCSOTraining@spokanesherriff.org)  
**NAME** of all attending plus / **EMAIL** Address for attendees  
▶ Please be sure to notify us which session you prefer AM or PM

This class is an introduction to Women's Self-Defense Tactics including deterrents, avoidance, and detection of a personal attack.

Class includes hands-on portion where you will learn basic self-defense maneuvers.

The Women's Self-Defense course is open to the public, females ages 14 and over.

Please invite your friends/family/co-workers/neighbors to this valuable training course.

This class is led by Spokane County Sheriff's Office Defensive Tactics Instructors.

**Payment Options:**

Payment methods will be sent to you after your registration has been confirmed by the Sheriff's Training Office. Thank you!



**Class Fee: \$35**

(Non-Refundable)

**Training held at:**

Sheriff's Training Center  
6011 N Chase Rd  
Newman Lake, WA 99025

**Map to Location:**

[Click Here](#)

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**What to bring:**

- Note taking material
- Water bottle
- Towel

*Wear athletic attire/shoes for hands-on portion.*

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**Questions:**

Call us at:  
(509) 477-4793

Or

Email us at:

[Click Here](#)