

# INTRODUCTION TO WOMEN'S SELF-DEFENSE

**Saturday November 9th, 2019**

**Class Time: 8AM - NOON**

**Location: 6011 N Chase Rd  
Newman Lake, WA 99025**

► **REGISTRATION**

**SEND EMAIL TO: [SCSOTraining@spokanesheriff.org](mailto:SCSOTraining@spokanesheriff.org)**

**NAME of all attending plus / EMAIL Address for attendees**

**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](#)