

INTRODUCTION TO WOMEN'S SELF-DEFENSE



Saturday February 8th, 2020

Class Time: 8AM - NOON

Location: 6011 N Chase Rd

Newman Lake, WA 99025

Class Fee: \$40

(Non-Refundable)

► **REGISTRATION**

SEND EMAIL TO: SCSOTraining@spokanesherriff.org

NAME of all attending plus / EMAIL Address for attendees

Training held at:

Sheriff's Training Center

6011 N Chase Rd

Newman Lake, WA 99025

Map to Location:

[Click Here](#)

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.

What to bring:

- Note taking material
- Water bottle
- Towel

Wear athletic attire/shoes for hands-on portion.

Questions:

**Call us at:
(509) 477-4793**

Or

Email us at:

[Click Here](#)

Payment Options:

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