

Women's Self-Defense

A Seminar presented by MOH PAI DEFENSIVE ARTS



When: Saturday, February 24, 11:00 AM to 3:00 PM
Where: Queen Alexandra Community League Hall
(10425 University Avenue, Edmonton)
Cost: \$35 per person (for women age fifteen and up)
Proceeds donated to WIN House women's shelter

Join us on Saturday, February 24 / 2024, for this empowering, practical, and potentially life-saving seminar.

Learn:

- how to minimize the risk of becoming a target or a victim of an attack
- the common myths of self-defense: what works, and what does not
- the most effective ways to repel and/or escape a larger, stronger attacker
- how to rely on the natural weapons of your mind and body, instead of on the ineffective gimmicks or weapons that are hard to produce and may be turned against you

This class focuses on simple, powerful, unarmed self-defense techniques – techniques that you can use anytime, anywhere, in close quarters, without delay, and with an element of surprise.

Please bring clean indoor training shoes and wear comfortable, active clothing that allows freedom of movement. Long training pants or loose-fitting jeans (no shorts please), as well as a t-shirt (long sleeve recommended) and/or a long-sleeve top (such as a hoody) will work best. A water bottle is good to have with you too.

To register, please email edmonton@mohpai.com or call 780-638-2630

Moh Pai Defensive Arts is a non-profit martial arts organization specializing in self-defense focused Kung-Fu instruction and Women's Self-Defense training for adults and youth (age 15 and up). Please see our website, www.MohPai.com or contact us for more information, class times & locations, or if you have any questions!