

J.P. Wood Martial Arts America
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TEEN / ADULT FEMALE TWO HOUR

SELF DEFENSE SEMINAR

AGES 14 and OLDER

What:

- Practical and effective self- defense techniques
- Where, how, and what to hit
- How to release from a hold, and how best to defend yourself
- Awareness, avoidance, common sense information, and controlling your body's reaction
- Attack areas of the body, pepper spray, date rape drugs, personal alarms, & question and answers



Learning

Environment:

We know people learn best when they are engaged, interested and comfortable. This class is fun and packed with information that can save your life!

Who:

Teens and adults. Ages 14 and older.

What to wear:

Dress in comfortable exercise clothes.

Instructor:

Master Jan Wood and Grand Master John Wood

"I've been to a number of self- defense seminars, and this by far was the best. The information was very informative. The instructor taught effective techniques in an easy to understand manner. I really enjoyed the class, and highly recommend this to others." - Mary T., age 20"