

SELF-DEFENSE FOR WOMEN

SELF-DEFENSE FOR WOMEN is designed to give women the advantage when confronted by an attacker, regardless of the woman's size or the attacker's size. Typically men assault women and the male has physically dominated females since the days of our cave dwelling ancestors. Times are changing ladies!

This course outlines a plan of action, which gives you realistic options accompanied by tactical skills that could save your life. When male attackers approach women they are often over confident, they think they have already won and in turn leave their guard down. With your understanding of the "TARGETS OF THE BODY" and "WEAPONS OF THE BODY", you can set the trap for this unsuspecting cave man. You can inflict enough damage to escape or completely incapacitate the attacker.

KNOWLEDGE IS POWER-NO KNOWLEDGE-NO CHANCE!

Become empowered and by doing so you will be more confident, experience high (er) self-esteem, have less stress/fear, and a greatly reduced risk of becoming a victim.

SELF-DEFENSE for women covers topics such as:

- ◆ **AWARENESS/ AVOIDANCE**
- ◆ **BALANCE/ MOBILITY**
- ◆ **MEASURE (DISTANCE)**
- ◆ **SPEED/FORCE**
- ◆ **PRESSURE POINTS/NERVE CENTERS**
- ◆ **WEAPONS OF THE BODY**
- ◆ **TARGETS OF THE BODY**
- ◆ **RAPE PREVENTION**
- ◆ **SKILL DEVELOPMENT**
- ◆ **ATTITUDE!**

Course duration is approximately 2-3 hours.

A Testimonial from Crystal:

My name is Crystal Hernandez. I am 19, 5'1, and weight 97lbs. At this height and size I felt very vulnerable when I would be alone, especially driving alone at night. I took the COCOONDO- SELF DEFENSE for WOMEN course with a few other ladies. When I was asked to take the class I was not certain of what I would get out of it, I was afraid that at my size there would be no way that I could defend myself, no matter what tactics were shown to me. As the course progressed I came to see that this was not just for women that were taller, bigger or even STRONGER than me. The course made me understand that I have a right to defend myself and I felt very empowered once the class ended. I also realized I had a weapon that "ALL" women should have: KNOWLEDGE.