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# Women's Self Defense Workshop

**FAST Defense represents the very latest technology available to train and empower people of all ages to defend themselves and take full control of their lives! For more information on the FAST Defense methods, visit [www.fastdefense.us](http://www.fastdefense.us)**

**In this workshop you will**

- learn non physical ways to establish a safe zone.
- learn what to do in a worst case scenario should you find yourself physically attacked.
- learn simple and effective strikes to vulnerable areas on the attacker's body.
- practice defense moves live against a padded instructor.

**Highly recommended for young women going off to College!**

Open to all ages of women from 9<sup>th</sup> grade on up.

**Provided by Carolina Self Defense**

**At Orange County SportsPlex  
Saturday, August 13th  
10:00am - 12:30pm**

*Class will be held in the Group X room*

**Price: \$50**

Wear comfortable clothes and athletic shoes.

For more information contact Susan Clayton, Fitness Director

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