



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Women's Self Defense

With Dwayne Williams

RAGSDALE FAMILY YMCA
900 BONNER DRIVE
JAMESTOWN, NC 27282
ragdaleymca.org

Saturday, March 3, 2012
12:30-2pm

Come out and learn ways to defend yourself.

This workshop introduces participants to the basics of self-defense. Students learn basic verbal and physical strategies for dealing with standing confrontations. Class size is limited and students have opportunities to practice use of physical and verbal skills in drills and simulated attack scenarios with a male instructor. Cost is \$25 and sign-up is available at the front desk.



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