



Women's Self-Defense Training

offered at

Dockweiler Youth Center

12505 Vista Del Mar, Los Angeles, CA 90245



SHIELD is a close-range fighting system created for women and girls, and specifically to fight back against sexual assault. Open exclusively for women and girls ages 14 and up.

- What are my natural weapons?
- What are my targets?
- How do I hit properly?
- How can I keep from panicking?
- What if I'm pinned to the ground?
- How do I get a man twice my size off my body?
- What if I'm being choked?
- What if someone grabs me from behind?
- What if I'm pushed to the ground?
- What to do when someone pulls my hair?
- What can I do when I'm on the ground?

This training is a full workout conditioning. Classes meet once a week for 2.5 hours. Students will get in shape, feel stronger and become more grounded through this training.

3 months + 1 private: \$435 (allowed to make up 4 classes)

5 weeks + 1 private: \$295 (allowed to make up 1 class)

Mondays, 5:30 to 8:00pm

To register on-line:

www.shieldselfdefense.com

or call for questions: (310) 854-9239

Santa Monica Police | Glendale Police | LA County Office of Women's Health | Office of Los Angeles Mayor Antonio Villaraigosa | LA County Domestic Violence Council | City of Beverly Hills | City of West Hollywood | FOX Studios | E! Entertainment Networks | "Keeping up with the Kardashians" | KAISER PERMANENTE | National Organization for Women (NOW) | American Association of University Women (AAUW) | Pepperdine University | UCLA Cheer Squad | USC | Woodbury University | Los Angeles City Commission on the Status of Women | Glendale Commission on the Status of Women | Los Angeles Roller Derby Dolls | Los Angeles Kings | Assembly Member Paul Krekorian | East Los Angeles College Violence Intervention | California State University, Fullerton