NOT JUST KICKING, PUNCHING, SCREAMING OR BITING...

SELF-DEFENSE

LEARNING ABOUT:
Self-Awareness, Self-Confidence & Self-Control

Learning to use:
Your heels, legs, knees, arms, teeth, fingers, nails, your keys, handbag, jacket and YOUR VOICE

BEING MINDFUL AND AWARE OF YOURSELF AND YOUR SURROUNDINGS