



# SELF-DEFENSE FOR WOMEN & TEENS

Empowerment through 'hands-on' attack simulations

438-392-4683 [www.manoli.ca](http://www.manoli.ca)

## WHAT TO EXPECT DURING THE SESSIONS

Thank you for registering and taking the *Manoli* 'hands-on' women's Self-Defense workshop or course. We strongly recommend that you review the information below in order to have a clearer picture of the empowering personal safety adventure you will be embarking on and to better understand the reality of the 'hands-on' attack simulations you will be experiencing with us.

1: **Video footage of what the 'hands-on' attack simulation looks like:** [Click Here](#)

2: **Pictures of students in action in our previous courses & workshops:** [Click Here](#)

3: **Articles and write-ups about our sessions:** [Click Here](#)

4: **Course/workshop breakdown (modules presented during each session):**

The 'hands-on' self-defense course or workshop is divided into various learning modules:

(A) Theory, statistics, understanding the stages of an attack, etc.

(B) Striking tools and 'Street Smart - Tough Target' principles;

(C) Hands-on attack simulations against a fully padded assailant;

(D) Debriefing the attacks; Group discussion & Prevention tips (home alone, followed....).

5: **Dress code & what to bring to class:**

We recommend that all participants wear loose, comfortable clothing and comfortable shoes (T-shirt, joggers, running shoes, etc.). Jewelry such as medium to large earrings, watches, bracelets, necklaces, anklets, etc. should not be worn during the course. Body piercing(s) need to be covered.

It would be a good idea to bring a water bottle and a small towel.



6: **Note:**

- Pregnant women cannot participate in any 'hands-on' attack simulations.
- Injuries or specific conditions must be announced to the simulators before the attacks.
- Rape & assault survivors must be aware that the attack simulations during the session(s) might bring back suppressed memories of the trauma.
- This will be a **very positive, memorable** and **empowering experience** for you.
- Please discuss and encourage your friends and relatives to follow such an empowering self-defense course or workshop. ***It might one day save their life.***