

SELF-DEFENCE FOR WOMEN & TEENS

'Hands-on' courses & workshops



WE TRAVEL TO YOU

George Manoli
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www.manoli.ca

SELF-DEFENCE FOR WOMEN/TEENS

Realistically speaking, what would YOU do if someone attacked YOU?

YOU will most likely freeze or panic. YOU might even scream, swear, hit & finally run away.



Through realistic, 'hands-on' attack simulations against a fully padded assailant, YOU will learn to deal with the fear, confusion & panic that occur during a violent confrontation.

"Rated as one of Montreal's best & most realistic personal safety courses (CAFSU)"

YOU WILL...

- Increase your self-confidence.
- Develop that 'Never say die' mind-set.
- Channel that frozen fear into strength.
- Be attacked & challenged many times.
- Use full force, disabling responses against a fully padded assailant - hitting, kicking & gouging.

HANDS-ON COURSES & WORKSHOPS

- We travel to YOU; home, school, company...
- Private, at-home sessions
- Classes for small & large groups
- Corporate workshops: lunch & learn
- Team building & wellness programs
- One-time workshop or several sessions
- Gather girlfriends, classmates or co-workers



GEORGE MANOLI - YOUR COACH

- Bachelor of education degree
- Personal safety instructor since 1982
- Active Police Officer - SPVM
- Author of 3 personal safety manuals
- Holds Black Belts in Japanese Karate & Judo
- CSST instructor: Empowers rape & assault survivors
- Runs his own Karate/Jiu-Jitsu club in Beaconsfield

OTHER PROGRAMS HE DEVELOPED

- AIR CANADA – Unruly passengers
- SPVM – Gun defence & retention
- BOMBARDIER – Passive resistance & Verbal Judo
- CSST – Assertiveness training: rape/assault survivors
- STREET SART KIDS – Children's street-proofing program
- DON'T BULLY ME! – Children's Bully-proofing

THEY TALKED ABOUT US...

- Documentary: National Film Board 'The Ring within' & 'The Volcano.'
- Television: 'Salut, Bonjour,' 'LCN,' 'CFCF 12,' 'MTL living,' 'Tête @ Kat,' 'Défense Légitime' (5 shows, ADR-TV), view series on 'Manoli.ca'
- Newspapers: Montreal Gazette; Journal de Montréal & Journal de Québec – July 2018.



SOME OF OUR CLIENTS

- Schools: Villa Maria, Marie Clarac, Royal Vale...
- Colleges: Maisonneuve, Charlemagne, McGill university
- Companies: Aldo, Bombardier, Air Canada, Pratt/Whitney