

SELF-DEFENCE FOR WOMEN & TEENS

'Hands-on' courses & workshops



WE TRAVEL TO YOU

George Manoli
(438) 392-4683
www.manoli.ca

SELF-DEFENCE FOR WOMEN/TEENS

What would YOU do if someone attacked YOU?

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



“Our attack simulation program was rated as one of Montreal’s best & most realistic women’s personal safety courses (CAFSU)”

YOU WILL...

- Be attacked & challenged many times
- Know what to do standing & lying down
- Deal with the fear, panic & confusion that occur during a violent confrontation.
- Channel that frozen fear into strength
- Develop your “Never say die” attitude
- Use full force, disabling responses
- Hit, knee, gouge a fully padded assailant



EMPOWERMENT

Through 'hands-on' attack simulations

- We travel to YOU: home, school, company...
- Small groups & private sessions can come to us
- After-school activities; Girls parties; Small/large groups
- Corporate programs: Lunch/learn; Team building
- One-time workshop or 2-8 week programs
- We can tailor our program to your needs

GEORGE MANOLI – YOUR COACH

- Bachelor of education degree
- Personal safety instructor since 1982
- Police Officer with the Montreal Police Force
- Author of 3 personal safety manuals
- Holds Black Belts in Japanese Karate & Judo
- Empowers rape & assault survivors (private sessions)
- Bully-proofs children, teens & adults
- Runs his own Karate/Jiu-Jitsu club in Beaconsfield

HIS OTHER PROGRAMS...

- AIR CANADA – Unruly passengers on a flight
- SPVM – Gun defence & retention vs. a suspect
- BOMBARDIER – Passive resistance & Verbal Judo
- CSST – Assertiveness training: rape/assault survivors
- STREET SMART KIDS – Children’s street-proofing program
- DON’T BULLY ME! – Parent/child workshops

IN THE NEWS...

- Documentary: National Film Board ‘The Ring within’ & ‘The Volcano.’
- Television: MTL Blog; 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: Laval, Charlemagne, McGill university...
- Companies: Aldo; Bombardier; Air Canada; Pratt/Whitney