

# SELF-DEFENCE FOR WOMEN & TEENS

'Hands-on' courses & workshops



We can travel to YOU  
YOU can come to us

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

## What would YOU do if someone attacked YOU?

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



“Evaluated by the CAFSU as one of Montreal’s best & most realistic women’s self-defence programs.”

## ATTACK SIMULATIONS

- Will force YOU to deal with the fear, panic & confusion when confronted.
- YOU will use full force, disabling responses against a fully padded assailant.
- We will test your “Never say die” attitude.

## TAILORED COURSES

- Private & semi-private sessions.
- After-school activities: Small/large groups.
- Corporate team building; Lunch & Learn.

## OUR PLACE OR YOURS

- 1-time session or courses over 2 – 8 weeks.
- Classes can be adjusted to your needs.

## GEORGE MANOLI

- Bachelor of education degree (McGill)
- Retired Police Officer, SPVM (Montreal)
- Holds Black Belts in Japanese Karate & Judo
- Author of 3 personal safety manuals
- Run his own Karate & Jiu-Jitsu club – Beaconsfield

## WE EMPOWER...

- Rape & assault survivors (IVAC & CNESST)
- Women, teens, children & world travellers
- Bullied children & teens
- Street Smart program for children



## SOME OF OUR CLIENTS

### SCHOOLS

- \* Villa Maria
- \* Marie Clarac
- \* Royal Vale...

### COMPANIES

- \* Air Canada, *Unruly passengers*
- \* Bombardier, *Verbal Judo*
- \* SPVM, *Gun defense*



## MEDIA EXPOSURE

### ARTICLES

- \* Montreal Gazette
- \* La Presse
- \* Journal de Montréal

### TELEVISION

- \* MTL Blog; LCN; CFCF-12
- \* National Film Board
- \* ADR-TV, *Défense Légitime*