

# SELF-DEFENCE FOR WOMEN & TEENS

'Hands-on' courses & workshops



We can travel to YOU  
YOU can come to us

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## 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 realistically empower YOU.
- Will force YOU to deal with the fear, panic & confusion when confronted.
- Will allow YOU to use full force, disabling responses against a fully padded assailant.
- Will test YOUR "Never say die" attitude.

## COURSES FOR...

- Women & teenage girls.
- IVAC, CNESST & victims of conjugal violence.
- Private, small & large group sessions.

## GEORGE MANOLI

- Bachelor of education (McGill)
- Retired Montreal Police Officer
- Black Belt in Japanese Karate & Judo
- Author of 3 personal safety manuals
- Run his own Karate & Jiu-Jitsu club: Beaconsfield



## EDUCATIONAL OPTIONS

### #1. Basic workshop "A"

1 session X 3 hours

(AS) *Attack simulations*: ½ Stand-up, ½ Ground

### #2. Basic workshop "B"

2 sessions X 1.5 - 2 hours / session

(AS) *Class #1* - Stand-up *Class #2* - Ground

### #3. Basic course

4 sessions X 1.5 - 2 hours / session

(AS) *Class #1 & 2* - Stand-up *Class #3 & 4* - Ground



### #4. Advanced course

6 - 8 sessions X 1.5 - 2 hours / session

(AS) *Class #1 & 2* - Stand-up *Class #3 & 4* - Ground

(AS) *Class #5 & 6* - Armed *Class #7 & 8* - 2 vs. 1...

## YOUR PLACE OR OURS

- We come to YOU or at our St. Léonard studio
- YOU gather the participants.
- Sessions can be adjusted to YOUR needs.