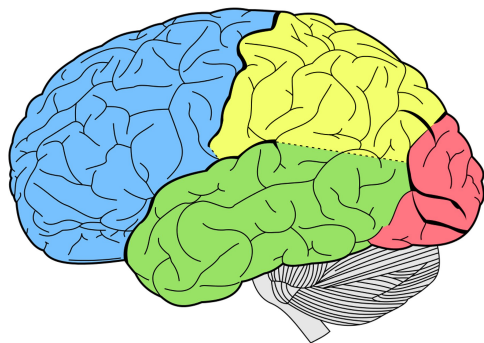




Women's Self Defense Workshop



Learn Practical Strategies & Techniques

Date: June 4, 2018 at 6:10pm-7:10pm

Fee: FREE

Registration: [Enroll Here!](#)

Info: Dr. Yoendry Torres 520-419-7837
mastertorres@tkdwellness.com

Safety & Mindset Strategies

- Statistics Summary
- Avoiding being a target
- Handling confrontation: verbally, physically & psychologically
- Using body language and non-verbal cues

Physical Techniques

- Striking basics
- Power Theory: Centerline & Rotation
- Striking weaknesses from head to toe
- Escaping grabs
- Using your voice

