WEN-DO

WOMEN'S SELF DEFENCE 2-DAY BASIC COURSE

NOV 28 + 29
9:30AM - 5:00PM

for the 16 Days of Activism to End Gender-Based Violence

Where: in-person on main campus

When: Saturday November 28 + Sunday November 29, 9:30 - 5:00 both days

What: easy to learn, accessible self defence techniques and discussions about violence against women and girls.

We cover:

- hits, kicks, and elbow strikes
- blocks and wrist releases
- awareness and avoidance strategies
- vulnerable body parts on an attacker of any size
- choke releases
- weapons self defence
- self defence from the ground or a bed

Who: open to students, staff, faculty, and community members, women and girls (trans & cisgender) aged 10 and up



WEN-DO WOMEN'S SELF DEFENCE

PREVENT. RESIST. SUPPORT.