

# SMASHING

# SAFE

# SELF DEFENSE

## STREET SMART SELF-DEFENSE WORKSHOPS & COURSES.

Welcome to the Smashing SAFE self-defense workshop. This is a must for your peace of mind and ability to defend yourselves in difficult situations. From the very start you'll realise our certified Female instructors are extremely passionate and knowledgeable . They will ensure all the attendees feel comfortable, enjoy themselves and get the most they can out of it. The workshops and courses are a practical, hands-on experience where you learn fast, effective and easy to remember self-defense techniques.

Suitable for ages 13 – 90 years old , as long as you are physically able bodied , there will be a variety of ages attending , but all female , ( you may even meet some new friends)

Perfect for a mother and daughter activity ( excellent Bonding Opportunity) . empower your selves and stay SAFE Numerous woman have already attended our 2 previous classes , and they were blown away by the skills they have learnt for life, and are walking a little taller with confidence, that they know how to respond automatically saving critical moments that could save themselves from dangerous situations

You can purchase a ticket to attend an upcoming course on [safe.shop.net.nz](http://safe.shop.net.nz) these are heavily subsidized by smashing promotions and are at a nominal fee of only \$10.00 per person, however should you not be able to afford this cost, please contact our office as we may be able to offer a free space, as we are keen for all to be able to attend.

If you are a local business also please consider utilising our business services your ongoing support enables us to create initiatives like this for our community . And with 30 years experience I'm sure we can wow you.

### When And Where

We are holding events at the West Coast Rangers Football Club. who has generously provided their excellent venue for free

. The Class will run from 10 am till 4:30 with a half an hour break for lunch.

### THINGS TO BRING

Loose clothing

Lunch and water

Appropriate footwear such as running shoes

### FOR MORE INFORMATION

Follow the link <https://selfdefencecourses.co.nz/index.html> to learn more about this course.

### Learn To Defend Yourself

360 degree blocking & the importance of keeping hands up

Clothing grabs from the front & rear with one or two hands

Chokes from the front or rear with one or two hands

Bear Hugs from the front & rear, their hands are free or pinned

Wrist locks from front or back, one or two hands captured

Pad work, how to hit and where to strike

Depending on how they go maybe some ground defense as well

This is a physical hands-on workshop, so no long boring lectures or note-taking. It can take participants out of their comfort zone real quick. If any of the participants have any physical or mental disabilities or issues I need to know prior.

This course is sponsored by Smashing Promotions looking to add value to the community , You leave with skills that will last for life!