



# Self Defense for Women Workshop

Self defense is 75% psychological and 25% physical!

**AAWCC-MCC Chapter** and the **MCC Wellness Council** are partnering together to offer you this women-empowered workshop facilitated by

**Christopher Otero.**



During the workshop, you will learn to :

Decode the anatomy of an assault-targeting, testing, attacking

Perform techniques that any size or stature can execute

Escape from wrist-grabs and chokes

Strike vulnerable targets with 100% conviction

Establish personal safety



**Wellness Council**

MONROE COMMUNITY COLLEGE



***Brighton Campus: Thursday, May 2, 2019, 12:00 to 12:50pm***

***Dance Studio, Room 10-143***

***Downtown Campus: Friday May 10, 2019, 12:00 to 12:50pm***

***Dance Studio, room 250***

**Anyone can do it! You can too!**