



# Self Defense Workshop

Self-defense is 75% psychological and 25% physical!

**AAWCC-MCC Chapter** and the **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 any size of stature can execute

Escape from wrists-grabs and chokes

Strike vulnerable targets with 100% conviction

Establish personal safety



**Wellness Council**  
MONROE COMMUNITY COLLEGE



***Brighton Campus on Thursday, May 2, 2019 from 12:00 to 12:50pm in the  
Dance Studio, room 10-143***

***Downtown Campus on Friday May 10, 2019 from 12:00 to 12:50pm in the  
Dance Studio, room 250***

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