

INTRODUCTION TO WOMEN'S SELF-DEFENSE

Saturday March 7th, 2020

Class Time: 8AM - NOON

Location: 6011 N Chase Rd

Newman Lake, WA 99025

► [REGISTRATION](#)

SEND EMAIL TO: SCSOTraining@spokanesheriff.org

NAME of all attending plus / **EMAIL** Address for attendees

This class is an introduction to Women's Self-Defense Tactics including deterrents, avoidance, and detection of a personal attack.

Class includes hands-on portion where you will learn basic self-defense maneuvers.

The Women's Self-Defense course is open to the public, females ages 14 and over.

Please invite your friends/family/co-workers/neighbors to this valuable training course.

This class is led by Spokane County Sheriff's Office Defensive Tactics Instructors.

Payment Options:

Payment methods will be sent to you after your registration has been confirmed by the Sheriff's Training Office. Thank you!



Class Fee: \$40

(Non-Refundable)

Training held at:

Sheriff's Training Center
6011 N Chase Rd
Newman Lake, WA 99025

Map to Location:

[Click Here](#)

What to bring:

- Note taking material
- Water bottle
- Towel

Wear athletic attire/shoes for hands-on portion.

Questions:

Call us at:
(509) 477-4793

Or

Email us at:

[Click Here](#)