

*Close Quarters Tactical*

# Women's Self Defense

**CLOSE QUARTERS TACTICAL OFFERS WOMEN'S SELF DEFENSE. CLASS IS 4 HOURS LONG AND WILL TEACH TECHNIQUES AND SKILLS THAT WILL GIVE YOU CONFIDENCE IN DEFENDING YOURSELF. EACH CLASS IS ONLY \$50 AND WILL BE TAKING PLACE IN OUR DEFENSIVE TATICS MAT ROOM. WEAR COMFORTABLE CLOTHES AND BRING PLENTY OF WATER!**

## **WOMEN'S SELF DEFENSE:**

**4 HOURS OF INSTRUCTION AND APPLICATION OF TECHNIQUES DISCUSSED AND DEMONSTRATED IN CLASS. STUDENTS WILL LEARN HOW TO BREAK INITIAL CONTACT, DISABLE THE ATTACKER, CHOKE AND BEAR HUG DEFENSES FROM THE FRONT AND BEHIND. BASIC REFLXIVE STRIKES WILL ALSO BE TAUGHT AND DEMONSTRATED. THIS IS A GREAT INTRODUCTION TO BASIC SELF DEFENSE TECHNIQUES.**

**5/4, 6/22 9AM-1PM**

**6/11, 7/25 6-8PM**

**ONLY  
\$35.00  
PER CLASS**



**SCHEDULE YOUR SPOT TODAY BY SIGNING UP THROUGH OUR WEBSITE [WWW.CQTSPTS.COM](http://WWW.CQTSPTS.COM) OR EMAIL [BREANNA.FISCELLI@CQTUSA.COM](mailto:BREANNA.FISCELLI@CQTUSA.COM) FOR FURTHER INFORMATION AND AVAILABILITY.**